

EO 339

VEGETABLES

THE KITCHEN LIBRARY

Vol. V
VEGETABLE
DISHES
by
COUNTESS
MORPHY

HERBERT JOSEPH
4 Adam Street
Adelphi

THE KITCHEN LIBRARY

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PEACH HALL WORKS TONBRIDGE KENT

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Vegetables

GLOBE ARTICHOKE

ARTICHAUTS À LA BARIGOULE

Prepare and boil—but for 10 to 12 minutes only—6 artichokes of the same size. Drain thoroughly, carefully remove the centre leaves, and with a small sharp knife remove the choke and put a tablespoon of the following stuffing in each: Melt 1 oz. of butter in a saucepan, add 3 or 4 tablespoons of stock, $\frac{1}{2}$ lb. of chopped mushrooms, $\frac{1}{4}$ lb. of gammon, and stir for a few minutes till lightly browned. Then add $1\frac{1}{2}$ ozs. of chopped onion, $\frac{1}{2}$ oz. of shallots, 1 clove of garlic (optional) and cook till lightly browned, seasoning with salt and pepper. Bind with the yolk of an egg. Having stuffed the artichokes with this mixture, cover each with a rasher of fat bacon and tie with string. Line a large saucepan with a layer of bacon rashers; over this put 3 or 4 sliced carrots and onions, a bouquet of herbs, and finally the artichokes. Moisten with $\frac{1}{2}$ pint of stock, a glass of white wine, cover and simmer for about $\frac{3}{4}$ hour to 1 hour, according to the size of the artichokes. When done, remove the rasher from the artichokes, put on a hot dish and strain the sauce into a small saucepan. Stir in 1 teaspoon of flour, and when the sauce begins to thicken pour it over the artichokes.

ARTICHAUTS À LA JUIVE

For this dish very small artichokes should be used. They should not be more than about 2 inches in circumference. Remove the outer leaves, trim the tips of the other leaves, but leave about $1\frac{1}{2}$ inches of stalk. Fry in a deep

pan of very hot oil till lightly browned. Remove from the oil, drain, season with salt and pepper, open up the artichokes slightly and put on a hot dish. In these very small artichokes the choke and the whole leaves are edible.

ARTICHAUTS À LA LYONNAISE

Remove the stalks and outer leaves from 3 large artichokes and quarter them. Remove the choke and most of the leaves, leaving only the soft ones attached to the quartered artichoke bottoms. Melt $\frac{1}{2}$ lb. of butter in a saucepan, put in the artichokes, season with salt and pepper, cover and simmer for $\frac{1}{2}$ hour. Then put the saucepan on a fiercer fire and cook quickly for 20 to 30 minutes, turning the artichokes occasionally so that they do not burn. Put on a hot dish and pour the butter over them.

ARTICHAUTS À LA PROVENÇALE

Choose some small artichokes, trim and remove the stalks. Put them in an earthenware casserole in 3 or 4 tablespoons of hot oil, season with salt and pepper, cover and simmer for 10 minutes. Then add $\frac{1}{2}$ pint of small fresh green peas and 1 lettuce coarsely shredded. Cover and simmer gently for another $\frac{1}{4}$ hour or till the peas are tender. Serve in the casserole.

ARTICHOKE WITH SPINACH

Blanch $2\frac{1}{2}$ lbs. of spinach for 5 to 8 minutes. Drain thoroughly and chop coarsely. Put 3 tablespoons of oil in an earthenware casserole with 1 large chopped onion. Stir and cook for 10 minutes, but without browning. Then add the spinach, stir and mix well, season with salt and pepper, 1 clove of garlic, and put in the artichokes, previ-

ously trimmed. Sprinkle each with a little oil and simmer for 5 minutes. Then add $\frac{1}{2}$ pint of hot water, cover the casserole and simmer till the artichokes are quite tender. When done the water should have completely evaporated. Put the spinach in the centre of a hot dish with the artichokes around.

ARTICHOKES WITH VARIOUS SAUCES

Plain boiled artichokes can be served with various sauces, the most suitable being melted butter, Hollandaise or Mousseline Sauce (see pp. 120, 121).

BOILED ARTICHOKES

Remove the stalk by breaking it off rather than cutting it. In this way some of the coarse fibres attached to the bottom of the artichoke are torn off. Remove the coarse outer leaves at the base of the artichoke, and with a sharp pair of scissors nip off the hard ends of the other leaves. Tie each artichoke with string so as to keep the leaves together and put in a large saucepan of boiling salted water. The time for boiling depends on the size and freshness of the artichoke. To test whether done, pull off one of the larger leaves. If it comes off easily, the artichoke is sufficiently cooked. Remove from the water, put on a sieve head downwards to drain. Hold with a cloth to squeeze out all the water, remove the string and serve on a folded napkin on a hot dish. Serve with the appropriate sauce in a sauce-boat.

CROQUETTES OF ARTICHOKE

Remove all the leaves and the choke from the artichoke and blanch the bottoms in boiling salted water till tender. When done, drain and cut into small dice. Mix with half their weight of chopped cooked ham, one-quarter their

weight of chopped mushrooms and bind with a thick Béchamel sauce (see p. 116) and the yolks of 1 or 2 eggs, seasoning with salt and pepper. Shape into either small corks or flat croquettes, brush over with melted butter, coat with breadcrumbs and fry in deep fat. Drain and serve with a Soubise sauce (see p. 122).

CROÛTES AUX FONDS D'ARTICHAUTS

Shred the bottoms of uncooked artichokes and blanch for 5 minutes in boiling salted water. Drain and put in a buttered saucepan with a little cream and season with salt, pepper and a little nutmeg. Stir and cook for 8 to 10 minutes. Fill small bread cases, fried in butter (see p. 124), with the mixture and serve very hot.

FONDS D'ARTICHAUTS AUX POINTES D'ASPERGES

Blanch the bottoms of the artichokes in boiling salted water till tender, drain, and cover each with asparagus tips cooked in cream and butter, and cover with Mornay sauce (see p. 121).

FONDS D'ARTICHAUTS SAUTÉS

Slice the uncooked bottoms of artichokes and cook in butter, seasoning with salt and pepper, in a sauté pan till tender. Put on a hot dish and sprinkle with a little parsley, thyme and tarragon.

FRIED ARTICHOKEs

Blanch the bottoms of artichokes in boiling salted water, drain and cut into quarters. Dip in frying batter (see p. 124) and fry in deep fat. Drain and serve on a hot dish on a folded napkin.

PURÉE OF ARTICHOKEs

Trim the bottoms of artichokes, and in order to keep them very white put in a basin of cold water with 1 or 2 tablespoons of vinegar as soon as they are trimmed. Blanch in boiling salted water for 6 to 8 minutes, drain, and finish cooking in a saucepan in butter till they are very tender. Rub through a sieve and mix with a potato purée, in the proportion of one-third of potato purée to two-thirds of artichoke purée. Mix in a saucepan, moistening with melted butter and a little brown butter (see p. 117).

QUARTERED ARTICHOKEs WITH CREAM SAUCE

Blanch the bottoms of artichokes in salted water and finish cooking in a Cream sauce (see p. 118).

ARTICHOKEs, JAPANESE

Japanese artichokes should be washed in several waters and drained. With a small sharp knife remove the tips of each. They can then either be scraped, which is a long and tedious process, as they are so small, or put in a cloth with a handful of coarse salt, or bay salt, and well shaken, then washed again in cold water and rubbed with the hands to remove the thin skin. Drain and blanch in boiling salted water for 10 to 12 minutes. Japanese artichokes should never be boiled soft. They should always remain firm and almost crisp. A common error is to overboil them. When done, drain thoroughly and prepare as required.

BOILED JAPANESE ARTICHOKEs WITH BUTTER

Prepare and cook the artichokes as in preceding recipe, and when well drained put in a saucepan with a large lump

of butter, season with salt and pepper, mix thoroughly and put on a hot dish.

CROQUETTES OF JAPANESE ARTICHOKES

Prepare and cook the artichokes as in preceding recipes, drain and mix with a thick Béchamel sauce (see p. 116), and bind with yolks of eggs to the proper consistency. Shape into croquettes, brush with melted butter, coat with breadcrumbs and fry in deep fat. Serve on a hot dish on a folded napkin.

JAPANESE ARTICHOKES WITH BÉCHAMEL SAUCE

Prepare and cook as in preceding recipes, and mix with Béchamel sauce (see p. 116) in the proportions of $\frac{1}{2}$ pint of sauce to every lb. of artichokes.

JAPANESE ARTICHOKES WITH CREAM SAUCE

The same as preceding recipes, but mixing with Cream sauce (see p. 118) in the same proportions.

JAPANESE ARTICHOKE FRITTERS

Prepare as for Croquettes (see above), and when quite cold, dip a spoonful at a time in frying batter (see p. 124) and fry in deep fat. Serve on a dish on a folded napkin.

JAPANESE ARTICHOKES SAUTÉS IN BUTTER

Prepare and boil as in preceding recipes, drain thoroughly and cook in butter in a sauté pan till lightly brown, seasoning

with salt and pepper. Put on a hot dish, sprinkle with a little chopped parsley and lemon juice.

PURÉE OF JAPANESE ARTICHOKEs

Prepare and boil as in preceding recipes, and to every lb. of artichokes add $\frac{1}{4}$ lb. of potatoes cut in small dice. When done, rub both through a sieve, put in a saucepan and add sufficient milk and butter to make into a light purée, seasoning with salt and pepper.

ARTICHOKEs, JERUSALEM

Wash the artichokes thoroughly in cold water and peel them, putting them in a basin of cold water with a little vinegar, so as to keep them white. Slice in thick slices and put in a large saucepan of boiling salted water. Boil till tender but quite firm, which will take from 10 to 15 minutes, according to the size of the artichokes and the thickness of the slices. Drain thoroughly and use as required.

FRIED JERUSALEM ARTICHOKEs

Prepare and cook as in preceding recipe, cutting in somewhat thick slices. Drain and dip each slice in frying batter (see p. 124) and fry in deep fat. Drain and serve on a folded napkin on a hot dish.

JERUSALEM ARTICHOKEs WITH BÉCHAMEL SAUCE

Peel the artichokes and quarter them. Divide these quarters in half lengthwise. Do not wash them or put in water, but dry with a cloth. To every $1\frac{1}{2}$ lbs. of artichokes allow 2 ozs. of butter. Melt the butter in a saucepan, add

the artichokes and toss over a moderate fire for a few minutes without browning. Cover and simmer on a slow fire or in a moderate oven for about 20 minutes, shaking the pan occasionally. Do not let them brown. They should be quite tender, but not broken. Mix with Béchamel sauce (see p. 116) and cook for 5 minutes longer without boiling.

JERUSALEM ARTICHOKE WITH CREAM SAUCE

The same as preceding recipe, but with Cream sauce (see p. 118).

JERUSALEM ARTICHOKE CROQUETTES

See Croquettes of Japanese Artichokes, p. 24.

JERUSALEM ARTICHOKE AU GRATIN

Either boil or cook the artichokes in butter as in preceding recipes. Slice them thickly, put in a fireproof dish, cover with Mornay sauce (see p. 121), sprinkle with bread-crumbs and grated cheese, dot with a few pats of butter and brown in a quick oven.

PURÉE OF JERUSALEM ARTICHOKE

See Purée of Globe Artichokes, p. 23.

SOUFFLÉ OF JERUSALEM ARTICHOKE

See Potato Soufflé, p. 97.

TOPINAMBOURS EN DAUBE

Cook 1 large chopped onion in 2 ozs. of butter, but

without browning, for 15 to 20 minutes. Then add 1½ lbs. of artichokes, prepared and sliced, 1 or 2 cloves of garlic, a pinch of mixed spice, salt, pepper and a bouquet of herbs. Toss over a slow fire for a few minutes, then barely cover with equal quantities of white wine and stock. Simmer very gently till the artichokes are tender.

TOPINAMBOURS À LA PROVENÇALE

Peel and slice the artichokes and cook in a little stock till tender. Drain and cook in butter in a sauté pan with sliced tomatoes, 1 or 2 cloves of chopped garlic, 1 chopped onion, a sprig of thyme and 1 of fennel, seasoning with salt and pepper. Put all on a hot dish and sprinkle with salt and pepper.

ASPARAGUS

Scrape the asparagus, or it is preferable to peel them lightly with a small sharp knife from the beginning of the white part downwards. Put them in cold water, then drain and tie into bunches. Cut the end of the white stalks evenly, leaving sufficient of the stalk, however, for the asparagus to be easily handled. Cook in a large saucepan of boiling salted water till tender, 10 to 12 minutes being sufficient for medium sized asparagus, but the time varies according to size and freshness. When done, drain thoroughly and use as required.

ASPARAGUS WITH VARIOUS SAUCES

Boiled hot asparagus are served on a folded napkin on a hot dish or on a special silver grill or trivet. The sauce which usually accompany them are melted butter, Hollandaise or Mousseline sauce (see pp. 120, 121).

ASPARAGUS WITH CREAM SAUCE

Boil the asparagus (see p. 27), drain and cut off the tips or green parts. Put in a saucepan and mix with Cream sauce (see p. 118).

ASPERGES À LA FLAMANDE

Boil the asparagus (see p. 27), drain and put on a hot dish. On each plate put an egg, boiled for 6 minutes, put in cold water, and then carefully shelled. This is seasoned with salt and pepper, according to individual taste, and mixed with melted butter and chopped parsley, and the asparagus are dipped in the mixture.

ASPERGES À LA FLORENTINE

This consists of asparagus tips, previously boiled, lightly browned in butter, seasoned with salt and pepper, sprinkled with grated Parmesan cheese and served with fried eggs.

ASPERGES AU GRATIN

Lay the boiled asparagus in rows on a dish, cover the white part with buttered paper, and coat the tips thickly with Mornay sauce (see p. 121). Sprinkle the tips with breadcrumbs and grated cheese and either brown under a grill or in a brisk oven. Remove the paper and serve.

ASPERGES À L'ITALIENNE

Put boiled asparagus tips in a fireproof dish, or in individual flat fireproof dishes, moisten with melted butter, sprinkle with grated Parmesan cheese, season with salt and pepper and brown lightly in a quick oven.

ASPERGES MORNAY

Proceed as in foregoing recipe, but cover the asparagus tips with Mornay sauce (see p. 121) and brown lightly in a quick oven.

ASPERGES SAUCE NORMANDE

Boil the asparagus, drain, put on a hot dish and either serve a Sauce Normande (see p. 122), in a sauceboat or coat the tips of the asparagus with it.

ASPERGES À LA POLONAISE

Put the boiled and drained asparagus on a hot dish. Sprinkle the tips with chopped yolks of hard-boiled eggs and parsley and moisten with Brown Butter (see p. 117) to which brown breadcrumbs have been added, allowing 1 oz. of breadcrumbs to every 4 ozs. of butter.

AUBERGINES

ACRATS DE BÉLANGÈRES (French West Indies)

Peel the aubergines and cut in small pieces. Boil in salted water till sufficiently tender to be rubbed through a sieve. Mix a little flour to this purée of aubergines and a well-beaten egg—allowing 2 tablespoons of flour and 1 egg to every 4 medium-sized aubergines. Beat thoroughly till quite light, and add salt, pepper and finely chopped chilli peppers. Drop the mixture, a spoonful at a time, in boiling oil and fry to a light golden brown.

AUBERGINES WITH ANCHOVIES

Cut the aubergines in half lengthwise and fry in oil till tender. Remove the pulp, mix with 2 fillets of anchovy

finely chopped—allowing 3 fillets to each half aubergine, a little bread, soaked in milk and squeezed, 1 or 2 cloves of garlic and cook in the same oil in which the aubergines were fried. Stuff each half aubergine with this mixture and put in a buttered fireproof dish. Cook in a moderate oven for 20 minutes.

AUBERGINES WITH CREAM SAUCE

Cut the aubergines into $\frac{1}{4}$ -inch slices, put on a dish and sprinkle freely with salt. Let stand for 1 hour and drain off the water. Cook in butter over a slow fire till quite tender, but without browning, seasoning with salt and pepper. Five minutes before serving mix with a little Cream sauce (see p. 118).

AUBERGINE FRITTERS

Slice the aubergines as in preceding recipes, and sprinkle with salt. After 1 hour, wipe the slices, dip in a frying batter (see p. 124) and fry in deep fat to a light golden colour. Drain and serve on a hot dish on a folded napkin.

AUBERGINES AU GRATIN

Halve the aubergines lengthwise and cook in a sauté pan in oil or butter till tender. Remove the pulp and mix with a thick Duxelles sauce (see p. 118) and fill each half aubergine with the mixture. Sprinkle with breadcrumbs, moisten with a little melted butter or oil, put in a buttered fireproof dish and brown lightly in a quick oven.

AUBERGINES SAUCE AU CHIEN (French West Indies)

The aubergines are peeled, cut in chunks and boiled in salted water till tender. Drain and mix with finely chopped

onions, previously browned in butter, a little garlic and chilli pepper, the whole being cooked to a pulp and well seasoned with salt. A little butter is added just before serving, and rice is served separately.

AUBERGINES SOUFFLÉES

Cut the aubergines in half lengthwise and cook in oil or butter till tender. Remove the pulp, and chop very finely. Mix with an equal quantity of thick Béchamel sauce (see p. 116) to which a little grated Parmesan cheese and the yolks of 2 eggs have been added. When almost cold, add the whites of 3 eggs beaten very stiffly and fill the half aubergines with the mixture. Put in a brisk oven for the first few minutes, and then continue cooking in a moderate oven till the aubergine soufflés have risen and are lightly browned.

AUBERGINES WITH TOMATOES

Slice the aubergines thinly, sprinkle with salt and let stand for 1 hour. Drain off the water, wipe dry and cook in butter or oil to a light golden colour, sprinkling with salt and pepper. Five minutes before serving mix with sliced tomatoes, also tossed in butter till lightly coloured.

AUBERGINES À LA TURQUE

Cook $\frac{1}{2}$ lb. of chopped onions in oil till a golden colour, and add 1 lb. of quartered tomatoes and a little garlic. Season highly with salt and pepper. Cook slowly till reduced to a pulp. Remove the stalks of the aubergines but do not skin them. Blanch in boiling water for 5 to 8 minutes, then cut in half lengthwise. Remove a little of their pulp, and stuff each half aubergine with a little of the onion and tomato mixture. Put in a well-buttered fireproof

dish, pour a little more of the mixture over them and cook in a slow oven for 1 hour.

FRIED AUBERGINES

Proceed as in recipe for Aubergines with Tomatoes (see p. 31), but omitting the tomatoes. Or the aubergines may be sliced lengthwise into thin strips and fried in the same manner.

FRIED AUBERGINES WITH BREADCRUMBS

Proceed as in Aubergines with Tomatoes (see p. 31), but dip the slices of aubergine in flour, coat with yolk of egg, white breadcrumbs, well seasoned with salt and pepper, and fry in deep fat. Drain and serve very hot.

ROUGAIL D'AUBERGINES (French West Indies)

Chop a cooked and peeled aubergine finely and pound in a mortar with chilli peppers to taste, a little lemon juice, oil and salt and work to a smooth paste. Spread on bread and eat cold.

STUFFED AUBERGINES

Allow $\frac{1}{2}$ a large aubergine for each person, and for each $\frac{1}{2}$ aubergine allow 1 teaspoon of chopped cooked ham, 1 of cooked meat or poultry, 1 of fine breadcrumbs, also 1 or 2 eggs. Cut the aubergines in half lengthwise and either blanch in salted water or cook in oil or butter till tender. Remove the pulp and mix with the above-mentioned ingredients, cooking all lightly in a frying pan in butter or oil, and seasoning with salt and pepper. Stuff the aubergines with the mixture, sprinkle with breadcrumbs, put in a buttered fireproof dish, moisten with a little melted butter and brown in a quick oven.

STUFFED AUBERGINES À LA CRÉOLE

Cook and halve the aubergines as in preceding recipe. Remove the pulp, mix with the pulp of 1 small tomato to each $\frac{1}{2}$ aubergine, 1 teaspoon of cooked onion, a little garlic, and a little bread soaked in milk and squeezed. Cook in butter, seasoning with salt and pepper, stuff the aubergines with the mixture and proceed as in foregoing recipe.

BEANS, FRENCH

Cut about $\frac{1}{4}$ inch from each end of the bean, and a thin strip on each side of the bean so as to remove the string. They can either be left whole or shredded. Wash them rapidly in cold water and put in a large saucepan of boiling salted water, allowing $2\frac{1}{2}$ quarts to every lb. of beans. Boil for about 15 minutes till tender but quite firm. French beans should never be boiled too soft. Drain thoroughly and use as required.

FRENCH BEANS WITH BÉCHAMEL SAUCE

Prepare and cook as in preceding recipe. Either leave the beans whole or break in inch lengths, or shred them. Put on a hot dish and cover with Béchamel sauce (see p. 116).

FRENCH BEANS WITH MAÎTRE D'HÔTEL BUTTER

Prepare and cook as in preceding recipe. Put on a hot dish and pour melted Maître d'Hôtel butter over them (see p. 123), allowing 2 ozs. to every lb. of beans. A pinch of sugar is sometimes added to the butter.

FRENCH BEANS WITH MORNAY SAUCE

Proceed as in recipe for Beans with Béchamel Sauce, using Mornay sauce instead (see p. 121).

HARICOTS VERTS À LA ANDALUZA

Boil the beans for 5 minutes in salted water and drain. Brown them lightly in butter or oil with a few strips of ham and a few chopped tomatoes, seasoning highly with salt and pepper. Cook for 10 minutes and put on a hot dish.

HARICOTS VERTS À LA LANDAISE

Prepare and boil the beans as directed (see above), drain and put in a saucepan with a little butter and season with salt and pepper. Cook for 5 minutes without browning, and add a good sprinkling of grated cheese and 1 gill of cream to every lb. of beans. Mix well and serve.

HARICOTS VERTS PANACHÉS

This consists of cooked beans, broken in inch lengths and mixed with equal parts of boiled flageolets (see p. 68), moistened with melted butter and well seasoned with salt and pepper.

HARICOTS VERTS À LA POULETTE

Same as French Beans with Béchamel Sauce (see p. 116), but with Poulette sauce (see p. 122).

HARICOTS VERTS À LA LYONNAISE

Slice 1 large onion thinly and evenly and cook in butter till a golden colour, without browning. Then add $\frac{1}{2}$ lb. of cooked beans, broken in inch lengths, mix well, season with salt and pepper and serve, sprinkling with parsley.

PURÉE OF FRENCH BEANS

Boil the beans, drain and cook in butter till very tender. Rub through a sieve and add half the quantity of purée of flageolets or of haricot beans (see pp. 68, 71). Mix with butter and milk and stir till very light, seasoning with salt and pepper.

BEETROOT

BAKED BEETROOT

Wash and wipe the beetroot quite dry, but do not scrape or cut them, as the removal of even the smallest fibres before they are cooked is apt to spoil the flavour, and if the skin is pierced and the beetroot "bleeds" it loses its colour. Lay the beetroot in an earthenware dish and bake in a slow oven for 4 or 5 hours, according to the size of the beet. It should be tender but quite firm. Pare at once if to be used hot, but let it stand till cold before paring when it is to be eaten cold.

BOILED BEETROOT

Prepare as in preceding recipe and put in a plentiful amount of boiling salted water. Boil for 1 hour in the case of small beetroot, or 2 hours or longer in the case of larger ones.

BEETROOT WITH CREAM SAUCE

Slice the cooked beetroot in $\frac{1}{4}$ -inch slices, put on a hot dish and cover with Cream sauce (see p. 118).

BEETROOT À LA MAÎTRE D'HÔTEL

Slice the beetroot as in preceding recipes, put in a saucepan and cook for 3 or 4 minutes in a little Maître d'Hôtel butter (see p. 123).

BEETROOT WITH MORNAY SAUCE

See Beetroot with Cream Sauce, but use Mornay sauce instead (see p. 121).

BROAD BEANS

BOILED BROAD BEANS

The beans should be shelled only when about to be used. Unless the beans are quite young and tender, the thick outer skin should be removed from each bean. Boil in a large saucepan of boiling salted water. Boil till tender but not too soft. A bunch of either winter or summer savoury added to the water greatly improves the flavour of the beans. When done, drain thoroughly on a colander and dress as required.

BROAD BEANS WITH BUTTER

Put the boiled beans on a hot dish, season with salt and pepper, and pour melted butter over them and sprinkle with a little chopped savoury.

BROAD BEANS WITH CREAM SAUCE

The same as preceding recipe, but with Cream sauce (see p. 118).

FÈVES AU LARD

Cut $\frac{1}{4}$ lb. of bacon or gammon into small dice and blanch them. Boil $1\frac{1}{2}$ lbs. of beans in salted water for 8 to 10 minutes and drain. Melt 1 oz. of butter in a saucepan and lightly brown the gammon or bacon. Sprinkle with 2 teaspoons of flour and stir till a light brown. Then add $\frac{1}{2}$ pint of stock, bring to the boil and simmer, adding the

beans and a seasoning of salt and pepper. Sprinkle with chopped savoury and simmer for $\frac{1}{2}$ hour, stirring occasionally, but being careful not to break the beans.

FÈVES À LA MÉNAGÈRE

Put 1 tablespoon of oil in a saucepan, and when hot add 1 chopped onion and cook without browning. Add the beans, season with salt and pepper, cover and simmer very gently, adding after 10 minutes 2 or 3 tablespoons of water or just sufficient to moisten the beans, and cook till tender. A few minutes before serving add 2 yolks of egg beaten up with 2 tablespoons of water.

FÈVES À LA POULETTE

Put the cooked beans on a hot dish and cover with Poulette sauce (see p. 122).

PURÉE OF BROAD BEANS

See Potato Purée, p. 97.

BROCCOLI

BROCCOLI TOPS

These are prepared in the same manner as Cauliflower, p. 52.

BRUSSELS SPROUTS

Choose the sprouts as much as possible of the same size, so that they will all be cooked at the same time. Remove the

coarse outer leaves and cut off the stalk, leaving sufficient, however, to hold the sprout together. Wash in cold water, but do not let stand in the water. Drain and put in a plentiful amount of boiling salted water—about 3 quarts for 1 lb. of sprouts, with 1 heaped tablespoon of salt. Boil rapidly for 10 to 12 minutes and drain thoroughly. Very young and tender sprouts take even less time. Properly boiled sprouts should be quite firm and unbroken.

BRUSSELS SPROUTS À LA BONNE FEMME

Blanch the prepared sprouts in boiling salted water for 5 or 6 minutes. Drain, put them in a saucepan with 2 ozs. of butter to each lb. of sprouts, the butter being divided into small pieces. Season with salt and pepper, cover and simmer in the oven for 15 minutes, turning occasionally with a spoon, being careful not to break the sprouts.

BRUSSELS SPROUTS WITH CHESTNUTS

Boil the sprouts (see above), but keep them very firm. Drain thoroughly and lightly brown them in butter, allowing just under 1 oz. of butter to each lb. of sprouts. When nearly done, mix with half the quantity of chestnuts, previously boiled till tender.

BRUSSELS SPROUTS WITH CREAM

Boil the sprouts (see above), drain thoroughly and cook for a few minutes in a saucepan with a little butter to allow all the moisture to evaporate. Remove from the saucepan and chop them. Replace in the saucepan and add gradually as much cream as they will absorb, stirring over a slow fire, without boiling, and seasoning with salt and pepper.

BRUSSELS SPROUTS AU GRATIN

Boil the sprouts (see p. 38), drain thoroughly and cook in butter, as in preceding recipe, to dry them. Mix them with a little Béchamel sauce (see p. 116), put them in a fire-proof dish, cover with Mornay sauce (see p. 121), sprinkle with grated cheese and brown lightly in a quick oven.

BRUSSELS SPROUTS À LA POLONAISE

See Asparagus à la Polonaise, p. 29.

BRUSSELS SPROUTS SAUTÉS

Proceed as in recipe for Brussels Sprouts with Chestnuts, but omitting the chestnuts (see p. 38).

PURÉE OF BRUSSELS SPROUTS

Blanch the sprouts for 5 minutes in boiling water, drain thoroughly, and cook in butter till tender. Rub through a sieve and add a third of their weight of potato purée (see p. 97). Mix well over a slow fire, remove the saucepan from the fire and add 2 or 3 lumps of butter.

PAIN DE CHOUX DE BRUXELLES

Boil 2½ lbs. of sprouts, drain thoroughly and squeeze out the water with the hands. Rub through a sieve and put in a saucepan with 3½ ozs. of butter, seasoning with salt and pepper. Stir on a very slow fire and add 2 ozs. of stale bread, previously soaked in milk and pressed and rubbed through a sieve. Stir in the yolks of 2 eggs and pour the mixture in a buttered mould. Stand the mould in a pan of

boiling water and simmer gently in the oven for 1 hour. Turn out on a hot dish and serve with a Cream sauce (see p. 118) or gravy.

CABBAGE

BOILED CABBAGE

Remove the coarse outer leaves of the cabbage and cut off the stalk. Either halve or quarter the cabbage and wash thoroughly in cold water. Drain thoroughly and put in a large saucepan with a plentiful amount of boiling salted water. When the water is again on the boil, allow from 10 to 15 minutes' fast boiling, according to size and freshness of the cabbage. Cabbages boiled for longer than this are apt to be flabby and flavourless. Drain thoroughly on a colander and use as required.

BRAISED CABBAGE

Blanch the cabbage in boiling salted water as in preceding recipe. Drain and put in cold water for 10 minutes. Remove from the water and again drain and press out the water with the hands. Now separate the leaves and lay them on a cloth, removing the ribs from the outer and coarser leaves. Season slightly with salt and pepper, and put in a saucepan lined with strips of fat bacon, 1 sliced onion, 1 quartered carrot, a bouquet of herbs, and moisten with about $\frac{1}{2}$ pint of unclarified stock to every 2 cabbages. Cover with more bacon rashers, put the lid on the saucepan, bring to the boil and simmer in a moderate oven for 2 hours.

CABBAGE CROQUETTES

Prepare and boil the cabbage as directed above. Drain

and press to extract the water. Chop finely and put in a saucepan with a little butter and simmer for a few minutes for the moisture to evaporate. Mix with thick Béchamel sauce (see p. 116), bind with the yolk of 1 or 2 eggs, and when cold, shape into round or flat croquettes. Brush over with flour, yolk of egg and coat with breadcrumbs. Fry in deep fat and drain. Serve with a Cream sauce (see p. 118).

CABBAGE AU GRATIN

Prepare and cook as in preceding recipe and chop coarsely. Put in a fireproof dish, coat with Mornay sauce (see p. 121) and sprinkle with grated cheese. Brown in a quick oven for 10 to 15 minutes.

CABBAGE LOAF

See Pain de Choux de Bruxelles, p. 39.

CABBAGE WITH MORNAY SAUCE

Proceed as in Cabbage au Gratin, but instead of putting the chopped cabbage in a fireproof dish put it in a saucepan and mix with sufficient Mornay sauce (see p. 121) to make it very creamy.

CABBAGE WITH SOUR CREAM

Halve a white cabbage and wash in cold water. Drain and shred very finely. Put it in a deep frying pan with 1 tablespoon of butter and 3 or 4 tablespoons of sour cream or sour milk. Season highly with salt and a little pepper. Cover the pan with a dish and simmer very gently for 2 to 2½ hours, stirring occasionally. The cabbage should be very tender and the flavour is similar to that of very mild sauerkraut.

CHOU À LA CRÈME

Proceed as in recipe for Cabbage with Mornay Sauce, but using Cream sauce (see p. 118).

CHOU FARCI À L'AUVERGNATE

Wash the cabbage and blanch in boiling salted water for 5 to 8 minutes. Drain thoroughly on a colander. Open up the cabbage and stuff the centre with the following mixture: Chop the meat of 1 small previously boiled chicken with 3 ozs. of fat bacon, 1 medium onion, 3 ozs. of bread soaked in milk and pressed, $\frac{1}{2}$ a clove of garlic, 2 ozs. of chopped parsley and season with salt, pepper and mixed spices. Bind with the yolks of 2 or 3 eggs. Put the stuffed cabbage in a saucepan on a few rashers of bacon, cover with a slice of bacon, cover and simmer in the oven for 2 hours, basting occasionally with a little chicken stock.

CHOU FARCI MAIGRE

Remove the coarse outer leaves of the cabbage and set aside. Quarter the cabbage and shred very finely and chop. Put in a thick saucepan with $3\frac{1}{2}$ ozs. of butter and simmer gently for 30 minutes, stirring constantly but without browning. When tender and of a light golden colour, add 1 oz. of chopped onion, a little chopped parsley, and simmer for 10 minutes. Remove from the fire, and when nearly cold add 1 tablespoon of white breadcrumbs, 2 well beaten eggs and season with salt and pepper. Put a clean cloth in a basin and place the large outer leaves of the cabbage in it, so as to completely cover the cloth. Fill with the cabbage mixture, tie up and boil for 1 hour in boiling salted water. To serve, remove the cloth, put the cabbage on a hot dish and serve with either melted butter or Tomato sauce (see p. 123).

CHOU FARCI À LA NANTAISE

Blanch the cabbage in boiling salted water, and when tender drain thoroughly. Open up carefully but without detaching the leaves, and coat each with a forcemeat made with cooked meat, a little cooked beef marrow and blanched bacon. Tie the cabbage in a cloth, put in an earthenware casserole on a few rashers of bacon, quartered carrots and onions, cover with stock and simmer for 3 hours. To serve, unwrap the cabbage, put on a hot dish, reduce and skim the sauce and strain over the cabbage.

CHOU AU FROMAGE

Blanch the cabbage in boiling salted water for 10 minutes. Drain and separate the leaves. Put a layer of cabbage leaves in a well-buttered fireproof dish; over them put a layer of thin slices of Gruyère cheese, and continue filling the dish with alternate slices of cabbage and cheese, finishing with the cheese and seasoning with salt and pepper. Sprinkle with breadcrumbs, moisten with a little melted butter and brown in a brisk oven.

CHOU AU LARD

Blanch the cabbage as in preceding recipe and drain. Put $\frac{1}{2}$ lb. of bacon or gammon in a saucepan, previously blanched and cut in large dice, and brown lightly in butter with 1 chopped onion. Add the cabbage, season with salt and pepper, moisten with a little stock, cover and simmer gently in the oven for $1\frac{1}{2}$ hours.

CHOU AU PETIT SALÉ

Proceed as in the foregoing recipe, but using 1 lb. of previously blanched pickled pork, left whole.

CHOU AUX MARRONS

Blanch the cabbage as in previous recipes and drain. Remove the centre leaves and stuff with a purée of chestnuts (see p. 60). Tie up with string and put in a saucepan in which it just fits with 2 tablespoons of butter, seasoning with salt and pepper. Cook for 15 minutes, then barely cover with stock and 1 glass of red wine. Cover and simmer for 4 hours.

COLCANNON

Mix equal parts of cold and chopped boiled cabbage with equal parts of cold boiled mashed potatoes and cook in hot fat, seasoning with salt and pepper, and serve when very hot. A little chopped onion is sometimes added.

FRIED CABBAGE

Remove the outer leaves and shred the cabbage very finely. Blanch in boiling salted water for 5 minutes. Drain thoroughly and dry in a cloth. Fry in deep fat till a light golden colour, and drain on a cloth or on blotting paper.

PURÉE OF CABBAGE

See Purée of Brussel Sprouts, p. 39.

SAUERKRAUT

Sauerkraut, or pickled white cabbage, is made in the following manner: Put a layer of shredded white cabbage in a wooden tub, sprinkling freely with salt and a few caraway seeds, and continue the process till the tub is filled, the whole being stamped down so that the cabbage is closely pressed together. It should be a compact mass.

Cover the cabbage with the coarse outer leaves, sprinkle liberally with salt, add a little water and cover with a cloth. Cover with a round wooden lid, slightly smaller than the tub, and on this put a heavy weight. The sauerkraut will be ready for use in about 3 weeks' time. Once a week skim the liquid which has risen to the top and add a little salted water. Good sauerkraut should be very white. It should always be thoroughly washed before it is used.

BRAISED SAUERKRAUT

If not very fresh, the sauerkraut should be soaked in cold water for several hours, well drained, and pressed to extract all the water. If fairly fresh, wash in cold water, drain and press with the hands and separate it carefully. Season with salt and pepper and put in an earthenware casserole lined with bacon rashers, a sliced carrot, onion, a bouquet of herbs, a few juniper berries, tied up in a cloth, $\frac{1}{2}$ lb. of blanched gammon to every 2 lbs. of sauerkraut, and a little melted lard or butter. Cover with stock, place a few bacon rashers over the sauerkraut, put the lid on the casserole and braise in a moderate oven for 4 hours, turning occasionally. When done, the sauerkraut should have absorbed all the liquid and should be moist, but not sodden or greasy.

SAUERKRAUT À LA FLAMANDE

Wash and prepare 2½ lbs. of sauerkraut as in preceding recipe. Put in a saucepan of boiling salted water, bring to the boil and simmer for 1 hour or till tender. The water should have completely evaporated by the end of that time. Put the sauerkraut in a saucepan with 1½ ozs. of melted butter and stir over the fire, mixing well. Serve with boiled gammon or bacon. A purée of potatoes is sometimes served with it.

BRAISED SAUERKRAUT À L'ALSACIENNE,

Proceed as in recipe for braised sauerkraut, but adding a ham bone and a few uncooked German sausages and covering with equal quantities of stock and white wine. Half an hour before serving add a few Dutch potatoes, peeled, and a lump of butter. When done, put the sauerkraut in a deep dish with the bacon or gammon (pickled pork is sometimes used), the sausages, and a few boiled Frankfort sausages. A peeled and quartered apple is often cooked with the sauerkraut.

SAUERKRAUT WITH WINE

Put $2\frac{1}{2}$ lbs. of well-washed sauerkraut in an earthenware casserole with 3 ozs. of butter and 3 or 4 tablespoons of water. Cook slowly for 30 to 40 minutes till tender. Add $\frac{1}{2}$ bottle of white wine and simmer till reduced by half.

STUFFED CABBAGE WITH SAUSAGE MEAT

Proceed as in Chou Farci à l'Auvergnate (see p. 42), but stuffing the cabbage with sausage meat.

STUFFED CABBAGE LEAVES

Blanch the cabbage as in preceding recipe. Drain and carefully remove the leaves and dry lightly with a cloth. On each leaf put a little forcemeat or sausage meat, fold the leaf over the forcemeat and tie up with string into neat little parcels. Butter a fireproof dish and pack the stuffed cabbage leaves in it closely, moisten with a little melted butter and brown in a moderate oven. Or the stuffed cabbage leaves can be closely packed in a saucepan on a layer of bacon rashers, quartered carrots and onions and moistened with a little stock. Cover and simmer for 1

hour. The sauce is skimmed, reduced and strained over the stuffed cabbage leaves.

STUFFED CABBAGE LEAVES WITH PICKLED PORK

Proceed as in foregoing recipe, but stuffing the cabbage leaves with chopped and previously blanched pickled pork.

CABBAGE, RED

BRAISED RED CABBAGE À L'ALSACIENNE

Remove the coarse outer leaves and the stalk. Shred the cabbage and blanch for 5 minutes in boiling salted water. Drain and put in an earthenware casserole on a few bacon rashers and quartered carrots and onions, seasoning with salt and pepper. Add a little butter or lard and cook for 20 minutes. Then moisten with a few tablespoons of stock and red wine. Cover and simmer for 2 hours. A piece of pork previously roasted is sometimes added $\frac{1}{2}$ hour before serving.

BRAISED RED CABBAGE WITH CHESTNUTS

See Chou aux Marrons, p. 44.

CHOU ROUGE À LA FLAMANDE

Quarter the cabbage, remove the coarse leaves and the ribs from some of the leaves and shred finely. Season with salt, pepper and a little nutmeg and put in a well-buttered earthenware casserole with 1 small finely chopped onion, 3 tablespoons of vinegar and the same quantity of water.

Cover and simmer gently for 2 to 2½ hours, adding, 1 hour before serving, 4 small cooking apples, peeled, cored and finely chopped or shredded, and 1 or 2 tablespoons of sugar.

CHOU ROUGE À LA LIMOUSINE

Shred the cabbage, put in an earthenware casserole with 1 tablespoon of pork fat and a few tablespoons of stock, and season with salt and pepper. Add 20 shelled and chopped chestnuts, cover and simmer for 2 hours.

CHOU ROUGE AU VIN ROUGE

Shred the red cabbage, season with salt and pepper and put in an earthenware casserole with 3 ozs. of butter and simmer for ½ hour, turning frequently. Then add ½ pint of red wine, cover and simmer for 2 hours. The liquid should be almost completely absorbed.

RED CABBAGE AND PICKLED PORK

Braise in the same manner as Braised Cabbage à l'Alsacienne (see p. 47), but cooking the cabbage with 1½ to 2 lbs. of previously blanched pickled pork.

RED CABBAGE WITH RICE

Braise the cabbage as in preceding recipe and serve with plain boiled rice.

STUFFED RED CABBAGE

Stuffed in the same ways as ordinary cabbage (see p. 46).

CARDOONS

Remove the stalks at the base of the cardoon and detach all the other stalks by cutting them at the base. Keep only the firm stalks from the centre. Divide into 4-inch lengths and peel quickly both inside and out, and at once rub over with a piece of lemon as the cardoon turns black almost immediately. Have ready a pan of cold water to which a little vinegar has been added, and put the cardoon pieces in it as soon as peeled. Now cook the cardoons in salted water to which a little vinegar has been added and simmer very gently for $1\frac{1}{2}$ hours or till tender. They are then ready for use.

CARDOONS MORNAY

Drain the cooked cardoons thoroughly, put in a fireproof dish, cover with Mornay sauce (see p. 121) and put in a brisk oven for 8 to 10 minutes.

CARDOONS WITH PARMESAN

Put the cooked and drained cardoons in a fireproof dish, cover with a little Espagnole sauce (see p. 119), sprinkle with grated Parmesan cheese and put in a brisk oven for 10 minutes.

CARDOONS WITH VARIOUS SAUCES

The cooked cardoons can be served with Hollandaise, Mousseline, or Bordelaise sauce (see pp. 120, 121, 117). They can either be covered with the sauce, as in preceding recipes, or the sauce can be served separately.

CARROTS

CARROTS WITH BUTTER

Scrape the carrots carefully, removing the tops and the

pointed ends. If very young, leave whole, and if old carrots are used, slice in $\frac{1}{4}$ -inch rounds. Put in a plentiful amount of boiling salted water and cook till tender, but not too soft. Drain on a colander, put on a hot dish, season with salt, pepper and a little sugar and pour melted butter over them. Sprinkle with a little parsley.

CARROTS WITH CREAM

Cook the carrots as in Carrots for Garnishes (see below), and when the liquid has reduced to a syrup, cover with hot cream, allow to reduce and serve.

CARROTS FOR GARNISHES

The carrots should not be scraped, but very carefully and finely peeled. If new carrots are used, they should be left whole; if old, they should be turned in the shape of elongated olives and blanched. Put the carrots in a saucepan with only just sufficient water barely to cover them, with 1 oz. of sugar and 2 ozs. of butter to every $\frac{1}{2}$ pint of water. Bring to the boil and simmer till the liquid has turned to a syrup, coating the carrots like a varnish.

CAROTTES À LA BOURGEOISE

Scrape $\frac{3}{4}$ lb. of carrots and wash them. Cut into thin and even slices and blanch, if old carrots are used. Put them in a saucepan with $2\frac{1}{2}$ ozs. of butter and 3 ozs. of thinly sliced onions and season with salt and pepper. Simmer for 30 minutes, but without browning. Then add $\frac{1}{2}$ pint of stock and 1 gill of milk and bring to the boil, stirring continuously. Simmer for another 20 minutes, and 5 minutes before serving add the yolks of 2 eggs, diluted and lightly beaten, with a few tablespoons of the hot sauce. Remove

from the fire, sprinkle with chopped parsley and add a small pat of butter.

CARROTS À LA NORMANDE

Blanch the carrots in boiling salted water (see Carrots with Butter, p. 49), put on a hot dish and cover with Normande sauce, made with cider or wine (see p. 122).

CARROTS À LA POULETTE

The same as in preceding recipe, but with Poulette sauce (see p. 122).

CARROTS À LA VICHY

The same as Carrots for Garnishes, p. 50.

FLAN AUX CAROTTES

This can be served either as a vegetable course or as a sweet. Line a flan tin with puff pastry, cover with a slightly sweetened purée of carrots (see p. 52), and garnish with sliced carrots, cut out in fancy shapes and cooked as in recipe for Carrots for Garnishes, p. 50. Put in a brisk oven at first, and finish cooking in a moderate oven. The pastry should be lightly browned.

FRIED CARROTS

Peel medium-sized new carrots very carefully and slice into thin even rounds. Wash and dry thoroughly in a cloth. Cook in a frying pan in hot butter till lightly browned, tossing them frequently. Season with salt and pepper.

PURÉE OF CARROTS

Peel or scrape the carrots and blanch in boiling salted water for 10 minutes, if young carrots are used, and for 15 or 20 in the case of old carrots. Drain, slice and put in a saucepan with 1 oz. of butter to every 1½ lbs. of carrots, 1 gill of stock or water, a small whole onion, salt, pepper, and a little sugar. Bring to the boil and simmer till the carrots are quite tender and the liquid has been absorbed. Rub through a sieve, put the purée in a saucepan, and thin with a little butter if necessary.

CAULIFLOWER

If the cauliflower is to be boiled whole, remove some of the coarse and tough outer leaves, and cut the stalk off flat at the bottom. Put in cold salted water to which a little vinegar has been added and let stand for about 10 minutes. Drain and put into a large saucepan of boiling salted water. Keep on the full boil for 10 to 12 minutes for small cauliflowers, or 15 to 20 in the case of larger ones. When done, drain thoroughly, head downwards on a collander.

Another method is to remove all the outer leaves of the cauliflower and carefully remove the clusters, cutting their stalks equally and of the same length. Put in a large pan of salted water and drain. Proceed as directed above, but allow less time. The cauliflower clusters should be quite firm. As soon as tender, remove the saucepan from the fire, add a jug of cold water, and remove the clusters at once with a spoon or a slice and place them carefully on a sieve or a collander to drain. If they are put all together on a collander at the same time they are apt to break.

CAULIFLOWER WITH BÉCHAMEL SAUCE

Boil the cauliflower as in preceding recipe, either leaving

it whole or dividing in clusters; drain and coat with Béchamel sauce (see p. 116).

CAULIFLOWER WITH CREAM SAUCE

The same as preceding recipe, but with Cream sauce (see p. 118).

CAULIFLOWER FRITTERS

Boil the clusters of cauliflower as directed (see p. 52), drain thoroughly, season with salt and pepper, sprinkle with a little oil and vinegar and chopped parsley, and let stand for 20 to 30 minutes. Dip each cluster in frying batter (see p. 124), and fry in deep fat. Serve with Tomato sauce (see p. 123).

CAULIFLOWER AU GRATIN

Cook the cauliflower whole and drain thoroughly. Coat a fireproof dish with Mornay sauce (see p. 121), place the cauliflower in the dish, cover with Mornay sauce, sprinkle with grated cheese and breadcrumbs, moisten with melted butter and brown in a quick oven.

CAULIFLOWER WITH HOLLANDAISE SAUCE

Boil the cauliflower (see p. 52), drain thoroughly and serve with a Hollandaise sauce (see p. 120) in a sauceboat.

CAULIFLOWER WITH MORNAY SAUCE

Proceed as in recipe for Cauliflower with Béchamel Sauce, but using Mornay sauce (see p. 121).

CAULIFLOWER SAUTÉ

Blanch the clusters of cauliflower (see p. 52), but keeping them very firm. Drain, season with salt and pepper and brown lightly in butter in a sauté pan.

CHOUFLEUR À LA MILANAISE

Drain the boiled cauliflower thoroughly, put in a buttered fireproof dish, pour melted butter over it, season with salt and pepper, and sprinkle freely with grated cheese. Add a few pats of butter and brown in a quick oven. When done, pour a few tablespoons of brown butter over it (see p. 117).

CHOUFLEUR À LA POLONAISE

Put the cooked and drained cauliflower on a hot dish, sprinkle with finely chopped yolks of hard-boiled eggs mixed with a little chopped parsley, and pour 4 ozs. of brown butter over it (see p. 117) in which 1 oz. of very fine white breadcrumbs have been fried.

CHOUFLEUR À LA ROMANA

Blanch the cauliflower clusters in boiling salted water for 5 minutes only and drain thoroughly. Put 3 or 4 tablespoons of oil in a frying pan with 2 or 3 cloves of garlic and a little chopped parsley. When hot, add the cauliflower clusters and cook till lightly browned, seasoning with salt and pepper. Then add 5 or 6 tablespoons of Tomato sauce (see p. 123), cook for another 5 minutes, and just before serving sprinkle with grated Parmesan cheese.

PURÉE OF CAULIFLOWER OR PURÉE DUBARRY

Cook the cauliflower till tender, drain and rub through a

sieve. To every lb. of purée add $\frac{1}{4}$ lb. of potato purée (see p. 97) to give consistency. Mix thoroughly in a saucepan over a slow fire, add 1 or 2 tablespoons of cream, season with salt and pepper, stir, and when very hot remove from the fire, and mix in 1 oz. of butter.

CELERIAC

Peel the celeriac so as to rid it of all fibres. It can be either cut in $\frac{1}{2}$ -inch rounds, the edges of which should be evenly trimmed, or the rounds can be cut with a 2-inch round cake-cutter—or, according to size, the celeriac can be quartered. When peeled and cut, put in cold salted water, bring to the boil and simmer till tender. The time varies according to the thickness and quality of the celeriac, but it will take about $\frac{3}{4}$ hour generally speaking. If the celeriac is to be cooked afterwards in a sauce, it should be removed from the water while still firm. Drain thoroughly and wipe with a cloth.

BRAISED CELERIAC

Blanch the prepared celeriac, either divided in thick slices or quartered, but keeping it quite firm. Drain and wipe dry. Line a casserole with a few strips of bacon, sliced onion and carrot, a bouquet of herbs, and add the celeriac. Moisten with 1 pint of stock, season with salt and pepper, bring to the boil and cover. Simmer in the oven for 1 to 1 $\frac{1}{2}$ hours, till the celeriac is tender. Put on a hot dish and strain the sauce over it.

CELERIAC À LA BORDELAISE

Prepare and boil the sliced celeriac till tender (see above). Drain and dry with a cloth. Put in a saucepan and cover with Bordelaise sauce (see p. 117) and simmer for

15 minutes. Put on a hot dish, reduce the sauce slightly, add a small lump of butter and a little lemon juice and pour the sauce over the celeriac.

PURÉE OF CELERiac

Boil till very tender (see p. 55) and rub through a sieve. Add one-third of potato purée (see p. 97), put both purées in a saucepan, mix well, season with salt and pepper, and stir in 2 ozs. of butter to every lb. of purée. Thin to the proper consistency with a little hot milk.

CELERY

The heads of celery intended for braising or cooking should not be chosen too large. Large heads are apt to be tough, and it is also preferable not to detach the sticks of celery from the root or base—in other words, to leave the celery head intact, after having removed all the green and hollow outer sticks. Only the white part of the celery should be used, and the tops or green part should be cut off. The heads for braising should be cut 6 or 8 inches from the root. Peel the base, and trim it to a point. Wash in cold water, opening the celery heads carefully, without detaching the sticks from the base. Drain and put in a large saucepan of boiling salted water and boil fast for 10 minutes. Then dip the celery heads in a basin of cold water and drain thoroughly. Tie up each head of celery with string, but not too tightly. Having thus prepared and blanched the celery, it is now ready to be braised, etc.

BRAISED CELERY

See Braised Celeriac (p. 55), but for 6 heads of celery, allowing 3½ ozs. of bacon rashers, ½ a large carrot, 1 large

onion, and 2 pints of stock. Simmer for $1\frac{1}{2}$ to $1\frac{3}{4}$ hours. Put the celery on a hot dish, divide each head in half, remove the string, and strain the sauce over it.

CÉLERI AU JUS

Proceed as in foregoing recipe. Strain the sauce into a small saucepan, reduce, and add 6 tablespoons of veal stock. Boil for 2 or 3 minutes, thicken with 1 teaspoon of flour or arrowroot, diluted with a little stock, stir well, remove the saucepan from the fire and stir in 1 oz. of butter. Pour this sauce over the celery.

CÉLERI À LA MOËLLE

The same as preceding recipe. Allow $3\frac{1}{2}$ ozs. of cooked beef marrow cut in thin rounds to every 3 heads of celery. Put the celery on a hot dish, and cover with the rounds of marrow and the sauce.

CÉLERI SAUCE MORNAY

Blanch the celery till tender, drain thoroughly, remove the string, divide the heads in half, put on a hot dish and cover with a Mornay sauce (see p. 121).

CÉLERI À LA VILLEROI

Braise the celery heads (see p. 56) and drain on a cloth to absorb the moisture. Divide the heads in half, and coat with Allemande sauce (see p. 115). Let stand till cold. Coat with breadcrumbs, then with the beaten yolks of egg and again coat with breadcrumbs. Fry in deep fat, drain, put on a hot dish on a folded napkin, and garnish with fried parsley.

CÉLERI WITH BÉCHAMEL SAUCE

See Céleri Sauce Mornay (p. 57), but using Béchamel sauce (see p. 116).

CELERY FRITTERS

Blanch the celery till tender, divide into $\frac{1}{2}$ -inch rounds, drain thoroughly, season with salt and pepper, and dip a tablespoon at a time in frying batter (see p. 124) and fry in deep fat. Drain, and serve on a hot dish on a folded napkin.

CELERY WITH HOLLANDAISE SAUCE

See Céleri Sauce Mornay (p. 57), but using Hollandaise sauce (see p. 120).

PURÉE OF CELERY

See Purée of Celeriac (p. 56).

CÈPES

Choose medium-sized cèpes, preferably with short stalks. If freshly gathered they need not be washed or peeled, but merely wiped with a cloth. If not freshly gathered, peel carefully and wipe.

CÈPES À LA BORDELAISE

Slice the cèpes into $\frac{1}{2}$ -inch slices, after having removed the stalks. Season with salt and pepper, and brown lightly in hot oil. Just before serving, add 1 oz. of finely chopped cèpes stalks to every $\frac{1}{2}$ lb. of cèpes, and 1 teaspoon of finely

chopped shallot, and cook for 3 or 4 minutes. Drain off a little of the oil, and pour the contents of the pan on a hot dish. Sprinkle with a little lemon juice and chopped parsley.

CÈPES À LA PROVENCALE

Proceed as in foregoing recipe, but using onion and a little garlic instead of shallot.

CHESTNUTS

Either prick the chestnuts or split them with a sharp knife and put in a pan with a little water. Place in a hot oven for about 8 minutes, and peel while very hot. Or they can be pricked and split and plunged for a few seconds in hot fat in a frying basket, or again, put into a saucepan with cold water, which is brought to the boil, the saucepan being at once removed from the fire. In every case, the chestnuts are easier to shell when very hot.

BOILED CHESTNUTS

Put the shelled chestnuts in a saucepan and cover with stock and add a stick of celery. Bring to the boil and simmer till tender.

CHESTNUTS BRAISED AND GLAZED

Put the chestnuts, previously peeled, into a large saucepan side by side. They should not be piled one on top of the other. Barely cover with stock, and simmer very gently till tender. Reduce the stock to a glaze and roll the chestnuts in this till evenly coated. Chestnuts prepared in this way are used principally as a garnish.

CHESTNUT CROQUETTES

Prepare and cook as in recipe for Boiled Chestnuts (see p. 59). When done, rub half through a sieve and chop the other half finely. Mix with thick Béchamel sauce (see p. 116) the yolks of 1 or 2 eggs, add a little sugar, and let the mixture stand till cold. Shape into croquettes, coat with flour, yolk of egg and breadcrumbs, and fry in deep fat. Drain and serve on a hot dish on a folded napkin.

CHESTNUTS WITH ESPAGNOLE SAUCE

Prepare and cook as in recipe for Boiled Chestnuts (see p. 59). Leave the chestnuts whole. Drain, put on a hot dish, and cover with Espagnole sauce (see p. 119).

CHESTNUTS WITH CELERY SAUCE

The same as preceding recipe, but with Celery sauce (see p. 118).

PURÉE OF CHESTNUTS

Proceed as in recipe for Boiled Chestnuts (p. 59), adding $\frac{1}{2}$ oz. of sugar to every lb. of chestnuts. When tender, rub through a sieve, put in a saucepan and stir over a slow fire to let the moisture evaporate. Thin with a little butter and stock to the proper consistency. This purée should be quite thin and light.

STEWED CHESTNUTS

Prepare and cook as in recipe for Boiled Chestnuts (p. 59), but remove the chestnuts while still quite firm. Put 1 tablespoon of butter in a saucepan and when melted, work with 1 tablespoon of flour, without browning. Then add

gradually 1 pint of hot milk, and the chestnuts. Simmer gently for 30 minutes, till the chestnuts are quite tender.

CHICORY

Remove the outer leaves of the chicory, trim the stalks and the tops and wash thoroughly in cold water and drain.

BRAISED CHICORY

Pack the prepared chicory in a saucepan or in an earthenware saucepan, but not too closely. For 1½ lbs. of chicory, allow 2 ozs. of butter, 3 tablespoons of water, and the juice of ½ a lemon. Season with salt, cover, and simmer in a moderate oven for 1 to 1½ hours, turning occasionally. When tender, put on a hot dish and strain a little of the reduced liquid over it.

CHICORY WITH BÉCHAMEL SAUCE

Prepare and cook as in preceding recipe. Put on a hot dish and cover with Béchamel sauce (see p. 116).

CHICORY WITH CREAM SAUCE

The same as preceding recipe, but with Cream sauce.

CHICORY À LA FLAMANDE

Cut the trimmed and washed chicory into ½-inch rounds. Butter freely a shallow earthenware casserole and fill with the chicory. Cover with a buttered paper and a very close-fitting lid. Put in a moderate oven and simmer very gently for 2 to 2½ hours. When done, there should be no liquid. The water from the chicory should have completely evaporated.

ated. Turn out on a hot dish and sprinkle with salt. It should be a compact mass, somewhat like a cake. It is sometimes brushed over with melted butter.

CHICORY WITH MORNAY SAUCE

Put a layer of Mornay sauce in a fireproof dish, over this put the braised chicory (see p. 61) and cover with Mornay sauce (see p. 121). Sprinkle with grated cheese, moisten with melted butter, and brown in a brisk oven.

ENDIVES AU JUS

Put the braised chicory on a hot dish and cover with good gravy made with veal stock. (In French, "endive" is what we call chicory in English.)

ENDIVES À L'ARDENNAISE

Braise the chicory (see p. 61), and when half done, add a $\frac{1}{4}$ lb. bacon or gammon, previously blanched and cut in dice and 3 ozs. of chopped lean ham.

CORN

Before cooking corn, the husks and silk should be carefully removed. This is done by tearing it off with the hands.

CORN WITH BUTTER

Scrape the corn from the boiled cobs, put in a saucepan with a large lump of butter, season with salt and pepper, mix well, and when very hot, put on a hot dish and serve. Corn should be served very hot, as it is apt to become cold very quickly.

CORN ON THE COB

Remove the husks and silk, and put in a large saucepan of boiling salted water and boil rapidly for 30 to 40 minutes, if the cobs are young. Older cobs, and those imported from other countries, may take longer. To test, see if the corn is easily detached from the cob. If it comes off quite easily, the corn is sufficiently cooked. Drain, pile on a hot dish, and give each person a small plate with hot melted butter, seasoned with salt and pepper, into which the cob is dipped.

CORN CAKES

Mix the grated and cooked corn with a thick frying batter (see p. 124), and put a spoonful at the time on a hot girdle, or on a buttered baking sheet and, bake in a hot oven till a light brown; turn and bake the other side. Serve very hot.

CORN WITH CREAM SAUCE

Scrape the corn from the boiled cobs, and put in a saucepan. Mix with Cream sauce (see p. 118) and stir till hot over a slow fire and serve.

CORN FRITTERS

Either fresh or tinned corn can be used for this. Scrape the corn from the boiled cob, and dip 1 tablespoon at a time in frying batter (see p. 124), or mix the corn with the batter. Fry in deep fat, drain and serve very hot, on a folded napkin on a hot dish.

CORN SOUFFLÉ

See Potato Soufflé (p. 97). Before rubbing the corn through a sieve, add 2 tablespoons of chopped onion, cooked in butter, to every lb. of corn.

CORN AND TOMATOES

Put $1\frac{1}{2}$ ozs. of butter in a frying pan, and when hot add 1 pint of boiled corn and 1 lb. of chopped tomatoes. Season with salt and pepper, add a bouquet of herbs, mix thoroughly and simmer for 30 minutes, adding a little more butter just before serving.

CUCUMBER

The cucumbers should be pared, cut in the required lengths and blanched in boiling salted water for 20 to 25 minutes, according to size and ultimate mode of preparation. Drain and use as required.

CUCUMBERS WITH CREAM SAUCE

Pare the cucumbers, cut into $1\frac{1}{2}$ -inch lengths and shape into olives. Blanch in boiling salted water till tender, drain thoroughly, put in a saucepan and cover with Cream sauce (see p. 118). Simmer till hot, and serve.

CUCUMBERS À LA MORNAY

The same as preceding recipe, but with Mornay sauce (see p. 121).

CUCUMBERS WITH PARSLEY SAUCE

The same as preceding recipe, but with Béchamel sauce (see p. 116) to which finely chopped parsley has been added.

CUCUMBER WITH POULETTE SAUCE

The same as preceding recipes, but with Poulette sauce (see p. 122).

FRIED CUCUMBER

Pare the cucumber and slice in $\frac{1}{4}$ -inch thick rounds. Season with salt, dip in flour, and fry in deep fat to a light golden colour. Drain on a cloth or on blotting paper and serve very hot.

STEWED CUCUMBER

Pare the cucumbers, and cut in inch lengths. Blanch for 5 minutes in boiling salted water and drain. Put them in a saucepan, barely cover with Espagnole sauce (see p. 119) or gravy, and simmer till tender.

STUFFED CUCUMBER

Pare the cucumbers and cut in 2-inch lengths. Blanch in boiling salted water for 5 minutes, and put in a basin of cold water. Remove at once from the water, drain, and with a small sharp knife or a spoon, carefully remove the seeds and part of the pulp of the cucumber. Stuff with either veal forcemeat, godiveau, sausage meat, etc., and put the pieces of cucumber in a saucepan on a layer of bacon rashers, and barely cover with stock. Cover the saucepan and simmer very gently for about 50 minutes, till the cucumbers are quite tender. To serve, put the stuffed cucumbers on a hot dish, strain the sauce into a clean saucepan, reduce rapidly, and thicken with a little flour worked with butter. When done, add a small lump of butter and pour over the cucumbers.

CUCUMBER STUFFED WITH TUNNY FISH

Pare, cut and blanch the cucumbers as in preceding recipe. When cold, stuff with a paste made of equal quantities of tunny fish (in oil) and butter, pounded together in a mortar and rubbed through a sieve. Coat with a mayonnaise dressing to which a little mustard has been added.



CURLY KAIL OR SCOTCH KAIL

After thorough washing, the kail is blanched in boiling salted water till tender. They are then well drained and can be prepared in the same manner as cabbage—with butter, Cream sauce, etc.

ENDIVE

The stalk and all outer leaves which are coarse, should be removed, as well as any parts of the endive which has turned brown or yellow. When large, divide the endive in four, and wash well in 1 or 2 waters. Drain and dry in a cloth. Blanch in boiling salted water for 12 to 15 minutes, or longer if the endive is at all tough. Drain, and squeeze with the hands to extract the water.

BRAISED ENDIVE

Having prepared the endive as in preceding recipe, chop it finely and evenly. Mix 1 oz. of butter in a saucepan with a little under 1 oz. of flour, and add the endive—about 2½ lbs. Stir for a few minutes, and add gradually just over ½ pint of hot stock, stirring continuously. Season with salt, pepper, a little sugar and nutmeg. Bring to the boil, cover with buttered paper and a close-fitting lid, and simmer in the oven for 1½ hours, turning occasionally. Remove the saucepan from the oven and stir in 6 tablespoons of cream. Replace in the oven for 5 minutes. Just before serving add 1 oz. of butter, divided in small pieces, put on a hot dish and garnish with croûtons of fried bread.

ENDIVE WITH CREAM SAUCE

Prepare and cook as in the preceding recipe, but omitting the cream. Serve with a Cream sauce (see p. 118).

ENDIVE À LA FLAMANDE

The same as braised endive, but the endive is not chopped. It is cut in $3\frac{1}{2}$ - to 4-inch lengths.

ENDIVE AU GRATIN

To every $\frac{1}{2}$ lb. of braised endive, add $\frac{1}{4}$ lb. of potato purée (see p. 97). Mix and warm both in a saucepan and put in a buttered fireproof dish, sprinkled with grated cheese. Sprinkle with grated cheese and breadcrumbs, moisten with melted butter, and brown in a brisk oven.

ENDIVE PURÉE

Braise the endive, rub through a sieve, and mix with one-third the quantity of potato purée (see p. 97). Warm and mix both purées. Remove from the fire, and thin with a few pats of butter.

PAIN DE CHICORÉE À LA CRÈME

Braise the endive (see p. 66), but using milk instead of stock. Braise for 1 hour only. Bind the braised endive with 3 or 4 beaten yolks of egg and put in a buttered mould. Stand the mould in a pan or tin of boiling water and simmer in a moderate oven for 45 to 50 minutes. Take out of the oven, and after 5 minutes turn out of the mould carefully on a hot dish. Pour over a Cream sauce (see p. 118). (In French "Chicorée" is what we call endive in English.)

SOUFFLÉ OF ENDIVE

Rub $\frac{1}{2}$ lb. of braised endive through a sieve, mix with yolks of egg, $2\frac{1}{2}$ ozs. of grated Parmesan cheese, and the

3 whites, stiffly beaten. Pour in a buttered soufflé dish and bake for 20 to 25 minutes, till the soufflé has risen and is lightly coloured.

FLAGEOLETS

This is the French bean in its later stage, when the pod is no longer edible. The bean inside can be treated in the same manner as peas. In England, however, fresh flageolets are rarely on the market, and the dried bean is used. It is prepared and cooked in the same manner as haricot beans, but being more delicate and tender, requires less soaking and less cooking.

PURÉE OF FLAGEOLETS OR PURÉE MUSARD

See Purée of Peas (p. 89), if the fresh flageolets are used. See Purée of Haricot Beans (p. 71), if dried flageolets are used.

HARICOT BEANS

Fresh haricot beans, or the French "Mange-Tout" are not often found on the English market. Although the bean has reached its maturity, the pod is still tender. The ends are broken off, removing the stringy parts at the same time. The fresh haricot beans can also be removed from the pod and dressed in the same manner as the dried beans.

TO BOIL FRESH HARICOT BEANS

For every 2 lbs. of fresh haricot beans, allow 2 quarts of boiling water, with just under 1 oz. of salt. Boil rapidly for 20 to 30 minutes, till the beans are quite tender. Drain and prepare in the same manner as dried haricot beans.

HARICOT BEANS WITH BUTTER

Soak the dried haricot beans for 4 or 5 hours in tepid water. Drain and put in a saucepan or earthenware casserole, and cover with cold water. Add 1 onion, stuck with 2 cloves, 1 carrot, 1 leek, a small stick of celery, and a little salt. Bring to the boil slowly, and simmer gently, covering the pan or casserole with a lid. Should it be necessary, add a little boiling water during the process of cooking. The time varies according to the quality of the beans, from $1\frac{1}{2}$ to 2 hours should be sufficient. The beans should be tender, but should not be boiled till they break. When done, drain thoroughly.

Another method is to put the beans in a saucepan or casserole, cover with cold water and bring to the boil very gradually; when boiling, remove the pan from the fire and let stand for 1 hour, till the beans are only lukewarm. They will have swelled considerably, and will be almost the same size as the fresh beans. Put the beans in a clean saucepan or casserole, cover with *boiling* water, add the onion, etc., as in preceding recipe, bring to the boil, and simmer gently for $1\frac{1}{2}$ hours or till the beans are tender. Drain thoroughly, removing the vegetables, put on a hot dish, season with salt and pepper and pour melted butter over the beans and mix.

HARICOT BEANS WITH CREAM SAUCE

Boil the beans as in preceding recipe, drain, put in a saucepan and cook for 5 minutes in a Cream sauce (see p. 118), without boiling.

HARICOT BEANS WITH GAMMON OR PICKLED PORK

Boil the haricot beans according to the second method. If a large piece of gammon or pickled pork is to be used, boil separately for $\frac{3}{4}$ hour or longer. Add to the haricot

beans at the same time as the beans are covered with boiling water. To serve, put the gammon in the centre of the hot dish, surround with the beans, and cover the beans with Tomato sauce (see p. 123).

HARICOT BEANS AU GRATIN

Put the cooked beans in a fireproof dish, season with salt and pepper, mix with good gravy, sprinkle with bread-crumbs, dot with pats of butter, and brown in a quick oven.

HARICOT BEANS À LA LYONNAISE

The same as Haricot Beans with Butter (p. 68), but add $\frac{1}{4}$ lb. of finely chopped onion, browned in butter, to every 2 lbs. of beans. Mix well and, before serving, sprinkle with a little chopped parsley.

HARICOT BEANS À LA PROVENÇALE

Soak the beans for 12 hours in tepid water. Drain, and put in an earthenware casserole with 3 or 4 tablespoons of oil, $\frac{1}{4}$ lb. of blanched and diced gammon to every 2 lbs. of beans, 2 quartered onions, 1 clove of garlic, and a seasoning of salt and pepper. Brown all lightly, barely cover with stock, add 1 large peeled tomato, a bouquet of herbs, 1 or 2 sage leaves, a sprig of rosemary, cover and simmer very gently in the oven for $3\frac{1}{2}$ to 4 hours. Just before serving, a good-sized pat of Anchovy butter (see p. 123), can be added. Sprinkle with finely chopped parsley.

HARICOT BEANS WITH TOMATO SAUCE

Allow $\frac{1}{2}$ pint of Tomato sauce (see p. 123) to every quart of cooked haricot beans (see p. 68). Mix in a saucepan over a slow fire, and cook without boiling for 5 minutes.

PURÉE OF HARICOT BEANS OR PURÉE SOISSONNAISE

Rub the boiled beans through a sieve while still very hot and stir in $3\frac{1}{2}$ ozs. of butter to every lb. of purée. Thin with a little boiling milk. The purée should be very light.

HOP TOPS

The hop tops should be very fresh. Remove the outer leaves near the base, wash in cold water several times to remove all grit and soil, and tie into bundles of about 20 to 25, taking care to have the heads even, so that the stalks can be cut off at the bottom, leaving them of equal length, in the same way as asparagus. Put the bundles of hop tops in a large saucepan of boiling salted water, allowing $2\frac{1}{2}$ quarts of water, with the juice of 1 lemon to every 2 lbs. of hop tops. Bring to the boil and simmer for 15 to 20 minutes, or less if very young. They should be tender, but quite firm, like asparagus. Remove carefully from the water, so as not to break the heads and drain on a sieve. They can be served with various sauces—melted butter, Hollandaise, Mousseline, Cream, Béchamel, etc.

JETS DE HOUBLON OR HOP TOPS À LA FLAMANDE

Boil the hop tops as in preceding recipe, drain, put on a hot dish, cover with Cream sauce (see p. 118) and garnish with poached eggs.

KIDNEY BEANS

See French Beans (p. 33).

KOHL-RABI

Remove the tops or green leaves, and set aside till required. Wash the turnip-like root and peel it. It can either be quartered or sliced into $\frac{1}{4}$ -inch slices, and boiled in salted water till tender—the time varies according to size of the vegetable (see Turnips).

KOHL-RABI À L'ALLEMANDE

Cut off the tops or green leaves, wash thoroughly, and proceed as for Purée of Spinach (see p. 105). Pile the purée in the middle of a hot dish and surround with the sliced boiled root. Season with salt and pepper and pour melted butter over the whole.

KOHL-RABI

(Various methods of preparing)

See Turnip, for the root (p. 111), and Spinach for the green part (p. 104).

LEEKs

BOILED LEEKS

Only young leeks should be served as a vegetable. Old leeks are only good as flavouring for soups or stews. Trim off the roots and the green ends, and remove the outer leaves. The white part only should be used. The part used should not exceed 4 to 5 inches in length. Put in a large saucepan of salted boiling water to which a little vinegar has been added, and boil till tender, but quite firm—from 20 to 30 minutes should be sufficient. Drain, and use as required.

BRAISED LEEKS

Prepare the leeks as in preceding recipe, but do not boil.

Cook as in recipe for Braised Chicory (see p. 61), but allowing less time for very young leeks.

FLAMICHE AUX POIREAUX

Line a well-buttered tart or flan tin with a thick layer of short crust and raise the edges so as to form a border about $\frac{1}{2}$ inch in height. Chop the uncooked leeks finely (prepared as in recipe for boiling), and simmer gently in butter till tender, with a seasoning of salt and pepper. Add the yolk of 1 or 2 eggs, well beaten, put the cooked leeks over the pastry, cover with a layer of the same pastry, and bake in a hot oven till the pastry is a light golden colour. Serve very hot.

LEEKS WITH BÉCHAMEL SAUCE

Put the boiled and thoroughly drained leeks on a hot dish and cover with Béchamel sauce (see p. 116).

LEEKS WITH CAPER SAUCE

The same as preceding recipe, but with Béchamel sauce (see p. 116) to which capers have been added and cooked for a few minutes.

LEEKS WITH MORNAY SAUCE

The same as preceding recipe, but with Mornay sauce (see p. 121).

LEEKS À LA NORMANDE

The same as preceding recipe, but with Normande sauce made with cider or wine (see p. 122).

POIREAUX À LA PAYSANNE

Cut $\frac{1}{4}$ lb. of bacon into dice and brown lightly in an earthenware casserole in $1\frac{1}{2}$ ozs. of butter. Add 1 bunch of small leeks, prepared as for boiling (see p. 72) and cut into $\frac{1}{2}$ -inch rounds, season with salt and pepper, and simmer for $\frac{1}{2}$ hour, till the leeks are tender, stirring occasionally.

LENTILS

These are soaked and boiled in the same manner as haricot beans (see p. 68). The same recipes as for haricot beans can be applied to lentils.

LENTILS WITH BUTTER

Boil the lentils and drain thoroughly. Put them in a saucepan and toss for a few minutes, so that the moisture will evaporate. Then mix in $1\frac{1}{2}$ ozs. of butter to every 1 lb. of beans, and season with salt and pepper. Put on a hot dish and sprinkle with chopped parsley.

PURÉE OF LENTILS OR PURÉE ESAÛ

The same as purée of haricot beans (see p. 71).

LETTUCE

BRAISED LETTUCE

Remove the outer leaves from 6 or 8 round lettuces, and wash in cold water. Drain thoroughly and blanch in boiling salted water for 3 to 5 minutes. Remove from the saucepan and plunge in a basin of cold water for a few seconds only. Drain and press in a cloth to extract the water. Fold over the lettuces and tie with string. Line a saucepan with a

few bacon rashers, 2 ozs. of sliced carrots and onions, and a bouquet of herbs. Add the lettuces. They should be somewhat closely packed. Cover the saucepan and simmer on a slow fire till the lettuces are lightly browned. Then barely cover with stock, cover the saucepan with a buttered paper and with a lid, and put in a slow oven and simmer for 1½ hours, turning occasionally. A few minutes before serving, remove the lettuces from the saucepan, put them on a sieve and with the back of a wooden spoon gently press out all the surplus liquid which they have absorbed. Put them on a hot dish and keep hot in the oven. Strain the sauce into a small saucepan, and reduce to 5 or 6 tablespoons. Remove from the fire and stir in 1 oz. of butter, divided in small pieces. Coat each lettuce with the sauce, which should be somewhat thick.

LETTUCE WITH BEEF MARROW

Braise the lettuce as in preceding recipe, and garnish with slices of cooked beef marrow.

LETTUCE WITH CREAM SAUCE

See Endive with Cream Sauce (p. 118).

LETTUCE SOUFFLÉ

See Soufflé of Spinach (p. 105).

STUFFED LETTUCE

Blanch, etc., as for Braised Lettuce (p. 74). Open up carefully and stuff with a little veal or sausage forcemeat, and tie up. Proceed as in recipe for Braised Lettuce (p. 74).

MACÉDOINE OF VEGETABLES (Hot)

Although Macédoine of vegetables is usually associated with cold vegetables dressed with mayonnaise, it can also be served hot, with various sauces, and makes an excellent light entrée or luncheon dish.

MACÉDOINE OF VEGETABLES WITH BUTTER

Mix the following cooked vegetables, either sliced or cut in cubes, and cook for a few minutes in butter, seasoning with salt and pepper : peas, French beans, broad beans, new potatoes, very young turnips, etc. Pickling onions, browned in butter, can also be included.

MACÉDOINE OF VEGETABLES WITH CREAM SAUCE

The same as preceding recipe, but using Cream sauce (see p. 118).

MACÉDOINE OF VEGETABLES WITH ESPAGNOLE SAUCE

The same as preceding recipe, but with Espagnole sauce (see p. 119).

MUSHROOMS

MUSHROOMS À LA BORDELAISE

See Cèpes à la Bordelaise (p. 58).

CHAMPIGNONS SOUS CLOCHE

Choose mushrooms of the same size and not too large. Peel carefully, having washed them if necessary, and remove the stalks. Beat 2 tablespoons of butter to a cream with $\frac{1}{2}$ tablespoon of lemon juice and a little salt, and spread in a

round glass baking dish which has a lid. Cut a few rounds of bread $\frac{1}{2}$ inch thick and about 2 inches in diameter and put these in the dish and over, put the mushrooms, piling up in the shape of a cone. Season with salt and pepper and a good squeeze of lemon juice, cover with 5 or 6 tablespoons of cream, and cover with the glass lid. Bake in a moderate oven for 25 to 30 minutes, adding more cream 10 minutes before serving, and just before serving flavour with 1 tablespoon of sherry. Send to table with the lid on.

MUSHROOMS À LA PROVENCALE

See Cèpes à la Provençale (p. 59).

DRIED MUSHROOMS

The mushrooms should be gathered on a dry day. Remove any soil or grit carefully, thread a few on a thin piece of string and hang in the sun to dry, in some place which is free from dust. If large, the mushrooms should be sliced. If small, they can be left whole. When required, soak in cold water for a few hours, and cook in the ordinary way.

GRILLED MUSHROOMS

Wash the mushrooms, dry and peel them carefully, removing the stalks, brush them over with oil and grill slowly. Put them on a hot dish, with the top side downwards, and on each put a pat of soft Maître d'Hôtel butter (see p. 123).

GRILLED MUSHROOMS WITH PAPRIKA BUTTER

The same as in preceding recipe, but using Paprika butter (see p. 124).

HOW TO PRESERVE MUSHROOMS

Select small button mushrooms, as much as possible of the same size. Cut the stalks off and clean with a cloth. Boil 2 quarts of water for 5 minutes with $\frac{1}{2}$ lb. of kitchen salt, a few peppercorns and a blade of mace. Then add 1 quart of the prepared mushrooms and boil for 5 minutes. Drain and put in warmed wide-necked jars, pack closely, and cover the top with the best olive oil. Cover with an airtight screw-on lid and keep in a cool place till required. When required, soak in cold water to extract the brine.

MUSHROOMS WITH CREAM

Wash and peel the mushrooms and remove the stalks. If large, quarter or slice them, or leave whole if small. Cook till tender in a little butter, but without browning, and seasoning with salt and pepper, with 1 tablespoon of finely chopped onion (to every $\frac{1}{2}$ lb. of mushrooms) previously cooked in butter till tender. When nearly done, drain off the butter, and cover the mushrooms with boiling cream and simmer till reduced.

MUSHROOMS AS A GARNISH

Choose the mushrooms as much as possible of the same size. Wash them rapidly in cold water—mushrooms should never be allowed to stand in water—dry them thoroughly, remove the stalks and peel carefully. To every $\frac{1}{2}$ lb. of mushrooms, allow 6 tablespoons of water, a heaped salt-spoon of salt, the juice of $\frac{1}{2}$ lemon, and 1 oz. of butter. Bring the salted water and lemon juice to the boil, put in the mushrooms and add the butter. Boil rapidly for 4 to 5 minutes. The mushrooms are now ready for use. Leave them in the saucepan till required, draining them when they are to be added to a sauce. They can be prepared in this

manner the day before required, and kept in an earthenwaer terrine, with the liquid, and covered with buttered paper.

In order to retain the full flavour, mushrooms should always be cooked in a small quantity of liquid and boiled rapidly. A common mistake is to add mushrooms to a sauce, a stew, etc., and let them cook too long. The mushrooms are apt to lose their flavour and to become tough. When cooked in the above manner, they can be added to the sauce, etc., only a few minutes before serving. Mushroom stalks and peelings should never be thrown away, They can be utilized in many ways—for flavouring sauces soups, stews, etc.

MUSHROOMS AU GRATIN

Coat a fireproof dish with Duxelles sauce (see p. 118), lay the mushrooms, cooked as in preceding recipe, over it, cover with more Duxelles sauce, sprinkle with breadcrumbs, moisten with melted butter, and brown in a brisk oven.

MUSHROOMS À LA NAPOLITAINE

Prepare and cook as in recipe for Mushrooms as a garnish (p. 78). Drain, and brown lightly in butter in a sauté pan, with 1 or 2 cloves of garlic, and sliced tomatoes, seasoning with salt and pepper.

MUSHROOM SAUTÉS WITH PARSLEY

The same as preceding recipe, but without the garlic and tomatoes. Brown lightly in butter on a quick fire, seasoning with salt and pepper, and just before serving sprinkle with chopped parsley.

MUSHROOMS ON TOAST

These can be prepared in various ways. The mushrooms, can either be grilled, well seasoned with lemon juice and oil

and served on hot toast. Or they can be cooked as in recipe for Mushrooms as a garnish (see p. 78), mixed with Allemande sauce (see p. 115) and served in little cases of fried bread (see p. 124), or in puff pastry pâtés—for this quite small mushrooms should be chosen or the larger ones chopped and mixed with either Allemande, Béchamel or Duxelles sauce (see pp. 115, 116, 118). The manner of serving mushrooms, either on toast or in cases, can be varied almost indefinitely according to individual taste.

PICKLED MUSHROOMS (Russian)

Wash, dry and carefully peel 1 lb. of small mushrooms. Cook as directed in recipe for Mushrooms as a garnish (p. 78), and drain. When quite cold, pack them in a jar, and cover with just over 1 pint of wine vinegar, previously simmered for 10 minutes with 1 tablespoon of coarse salt, 12 peppercorns, and 4 or 5 cloves, and allowed to stand till cold. Add 2 tablespoons of olive oil, cover with an air-tight lid, and stand in a cool place for a few days.

PURÉE OF MUSHROOMS

There are various methods of making a purée of mushrooms. The older method was to cook the mushrooms as for garnish (p. 78), rub them through a sieve and to mix with a sufficient quantity of thick Béchamel sauce (see p. 116) to give the purée the right consistency. It is by far the easiest and simplest method. Just under $\frac{1}{2}$ pint of thick Béchamel sauce is stirred, over a slow fire, into 1 lb. of the mushroom purée; 2 ozs. of butter, divided in small pieces being added just before serving, when the saucepan has been removed from the fire.

The more modern method is to rub the uncooked mushrooms, previously washed and peeled, through a sieve,

putting this purée in a saucepan with butter—1 oz. of butter to every lb. of purée—so as to allow all moisture to evaporate—and then adding the Béchamel sauce in the same proportion as previously mentioned. A little cream may be added, and the purée should be seasoned with salt, pepper and a little nutmeg. Sugar is sometimes added. It is stirred over a quick fire for a few minutes, and butter stirred in when off the fire.

SALTED MUSHROOMS

Wash and thoroughly dry the mushrooms. If large, halve or quarter them. Pack carefully in a jar, sprinkling each layer with salt, a little chopped onion, and add a few peppercorns. Cover with an airtight lid and keep in a cool place.

STEWED MUSHROOMS

Cook the mushrooms as in Mushrooms for garnish (see p. 78), but using cream instead of water. Put the mushrooms in the hot cream flavoured with lemon juice, add the butter, and simmer for 12 to 15 minutes. In this case the mushrooms should not be cooked quickly, but just simmered in the cream till tender.

STUFFED MUSHROOMS

Choose somewhat large mushrooms of equal size. Remove the stalks, and with a sharp knife, scoop out a little hollow from where the stalks have been removed. Do not peel the mushrooms. Put in a fireproof dish, season with salt and pepper, moisten with a little oil, and put in a brisk oven for 5 minutes, to allow all moisture to evaporate. Then fill the hollow in each mushroom with Duxelles sauce (see p. 118), sprinkle with breadcrumbs, moisten with melted butter, and brown in a brisk oven for a few minutes.

OKRA

This very delicate and delicious vegetable, the small variety of which is known as "lady's fingers" or *bamies*, can rarely be bought fresh in this country. The tinned okra is to be found at most of the leading stores and grocers.

OKRA WITH BUTTER

Remove the okra from the tin, and put in a saucepan with a large lump of butter, and a little of the gelatinous liquid from the tin. Season with salt and pepper, and when the butter has melted and the whole is very hot, serve on a hot dish.

STEWED OKRA À LA CRÉOLE

Brown 1 large onion, finely chopped, in butter, with 1 or 2 sliced pimientos, and a clove of garlic. Add the okras, either cut in half lengthwise or cut in inch lengths, with a little of the liquid from the tin. Season highly with salt, pepper, and chilli pepper, and simmer gently for 20 to 25 minutes.

ONIONS

BAKED OR ROASTED SPANISH ONIONS

Trim the onions, but do not peel. Put in a saucepan of boiling salted water and blanch for 10 minutes. Drain thoroughly and dry them in a cloth. Put in a moderate oven on a baking tin and bake for 1 to 1½ hours, till nicely browned and quite tender. Serve in their skins, with a piece of cold butter, served separately, or peel and cover with gravy. Onions can also be baked or roasted without being previously boiled. They are simply trimmed, not peeled, and cooked in a moderate oven for 1½ to 2 hours, according to size, and served in the same manner. Done in the latter way, the flavour is better.

BOILED ONIONS

Peel the onions, and put in a large saucepan of boiling salted water and boil till tender. The time varies according to the size of the onions. They should be quite tender, but they should not be boiled too soft. When done, drain thoroughly, season with salt and pepper and either pour melted butter over them, or cover with a Béchamel sauce, or a Mornay sauce (see pp. 116, 121).

FRIED ONIONS

Peel the onions and cut in rings $\frac{1}{4}$ inch thick. Detach the rings one from the other. Season with salt and pepper, with a little flour and fry to a deep golden brown in deep fat. Drain on a cloth or on blotting paper, and sprinkle with a little salt. The onions, when properly fried, should be quite crisp and dry.

GLAZED ONIONS FOR GARNISHES

Choose small or pickling onions, and peel carefully. If to be kept white, put in a small saucepan, barely cover with white stock, and to every $\frac{1}{2}$ pint of stock, add 2 ozs. of butter. Cover and simmer gently for 35 minutes or longer, till the liquid has practically evaporated. Do not allow to brown. The onions are then ready for use.

For glazing or browning onions, put just a bare ounce of butter in a saucepan to every 12 small onions. Do not cover, and simmer gently till the onions begin to brown, turning them occasionally so that they will be equally browned. Sprinkle with a little sugar and toss frequently. Then barely cover with stock and simmer till the liquid has completely evaporated, and roll the onions in this reduced stock to glaze. Or in the case of quite small onions, no liquid need be added, as they will be sufficiently cooked when well browned in butter.

OIGNONS À LA BORDELAISE

Choose large onions of equal size. Peel them and carefully remove a little of the centre. Fill the cavity with finely chopped chicken livers and truffles previously browned in butter and seasoned with salt and pepper, brown the stuffed onions lightly in butter, cover with stock, put a lid on the saucepan and simmer in a slow oven till quite tender. This will depend on the size of the onions. To serve, strain a little of the stock over them, and add a small glass of brandy.

OIGNONS À LA MONÉGASQUE

Peel 1 lb. of small onions of the same size and put in a saucepan with $\frac{1}{8}$ of a quart of water, 2 wine-glasses of white vinegar, 3 tablespoons of oil, 3 table spoons of Tomato sauce (see p. 123), $2\frac{1}{2}$ ozs. of raisins, $1\frac{1}{2}$ ozs. of castor sugar, a bouquet of herbs, a few peppercorns and a little salt. Bring to the boil and simmer gently for $1\frac{1}{2}$ hours. Let stand till cold and serve very cold in a glass dish.

ONIONS SAUTÉS

See Fried Onions (p. 83), but instead of cooking in deep fat, brown the onions lightly in butter. Or small onions may be left whole, and browned in butter (see Glazed Onions (p. 83)).

PICKLED ONIONS

Peel and blanch for 5 or 6 minutes in boiling salted water the number of pickling onions required. Plunge in cold water when done, and drain thoroughly. Put in a jar and pour boiling vinegar over them. Let stand uncovered for 12 hours. Drain off the vinegar and bring it to the boil,

and once more pour it over the onions. When cold, cover with an airtight lid.

PURÉE OF ONIONS OR SOUBISE

See Soubise sauce (p. 122), but keeping the purée somewhat thicker than the sauce.

STEWED ONIONS

Peel and trim the onions, and put them in a saucepan of boiling salted water and boil for 30 minutes, if large. Drain thoroughly, put in a saucepan and barely cover with good stock. Simmer very gently for 1 hour or more, till the onions are tender, turning them frequently, and when done, put on a hot dish and cover with the stock, thickened with a little butter and flour.

STUFFED ONIONS

Take a few large Spanish onions, peel them, and cut a thick slice from the top. Scoop out the centre, leaving, however, sufficient thickness for the onions to be quite firm. Chop the scooped out onion finely and cook till tender in butter and add to a thick Duxelles sauce (see p. 118). Fill the onions with this, brown them in butter, barely cover with stock, and simmer till tender. Strain a little of the stock over them.

STUFFED ONIONS WITH SPINACH

Proceed as in foregoing recipe, but stuff the onions with a purée of spinach (see p. 105).

PARSNIPS

BOILED PARSNIPS

The parsnips should be well washed and scraped (or carefully peeled), and any little black specks removed with

the point of a knife. As they are being scraped, put in a basin of cold water. Drain, and put in a saucepan of boiling salted water, leaving the parsnips whole, if young and small, or quarter them, if old. Boil for about 45 minutes if young, and longer when old parsnips are used. They should be tender, but firm. Drain thoroughly, and if not served as a garnish, put on a hot dish, season with salt and pepper, and pour a little melted butter over them.

PARSNIPS WITH CREAM SAUCE

Boil the young parsnips as directed in preceding recipe, drain thoroughly and cook for 5 minutes, without boiling, in a Cream sauce (see p. 118).

PARSNIP FRITTERS

Boil the parsnips and chop coarsely. Mix with frying batter (see p. 124), and drop a tablespoon at a time of the mixture in deep fat. Cook to a light golden colour, drain and serve on a hot dish on a folded napkin.

PARSNIP SAUTÉS

Boil the young parsnips as directed (see p. 85), drain, cut into $\frac{1}{4}$ -inch rounds, and brown lightly in butter, seasoning with salt and pepper.

PURÉE OF PARSNIPS

See Purée of Turnips (p. 112).

PEAS

Peas should be very fresh. The pods should be smooth and shiny. When dull or stained with white spots, the peas

are apt to be hard and floury. Peas should always be shelled at the last moment, just before being used. Shelling them beforehand destroys much of their flavour and delicacy.

BOILED PEAS

Only quite small fresh peas should be boiled, otherwise the flavour is better brought out by "stewing" à la Française. Put the peas in a plentiful amount of boiling salted water and boil somewhat rapidly till tender, but still firm. They should take from about 10 to 20 minutes, when young. Drain thoroughly, put on a hot dish, season with salt, pepper and a little sugar, and garnish with a few pats of cold butter.

PEAS WITH BUTTER

Cook as in preceding recipe. Drain, put in a saucepan and toss for a few minutes, so that all moisture evaporates. Remove the pan from the fire, season the peas with a little sugar, salt and pepper, and mix with hot melted butter, allowing 4 ozs. of butter to every 2½ lbs. of peas.

PEAS WITH CREAM SAUCE

Boil the peas (see above), drain and put in a saucepan and cook for 5 minutes in Cream sauce (see p. 118) allowing about ½ pint or a little over to each 2 lbs. of peas.

PEAS WITH LETTUCE

Cook as in Peas with Butter (see above), and garnish with 3 or 4 blanched and well-drained lettuces.

PEAS WITH MINT

Boil the peas in boiling salted water (see above) with a sprig of mint. Drain, and serve either plain, seasoned with salt

and pepper, and garnished with a little blanched mint, or mix with melted butter.

PETITS POIS À LA BONNE-FEMME

Brown 12 small onions in butter with $\frac{1}{4}$ lb. of blanched gammon or bacon, cut in dice. Remove from the pan and stir in 2 teaspoons of flour, and when well blended, add $\frac{1}{2}$ pint of stock and bring to the boil. Add 2 $\frac{1}{2}$ lbs. of freshly shelled peas, with the onions and bacon or gammon, season with salt and pepper, cover and simmer till the sauce has reduced by half, and the peas are quite tender. The time varies according to the size and age of the peas.

PETITS POIS À LA BOURGEOISE

Put 1 tablespoon of butter in a saucepan, and when melted, blend with 1 level tablespoon of flour. Add 2 lbs. of peas, and cook for a few minutes. Then cover with boiling water, season with salt and pepper, add 4 whole medium onions, 1 chopped lettuce, a few chopped chives and a little parsley. Cover and simmer till the liquid has reduced by more than half and the peas are tender. Before serving, add the yolks of 3 eggs, beaten up with a few tablespoons of the hot sauce from the peas. Stir well, without boiling, and serve.

PETITS POIS À LA FRANCAISE

Remove the outer leaves of a lettuce and wash the heart thoroughly, and drain, pressing in a cloth to extract the water. Put the lettuce in a thick earthenware casserole, with 4 or 5 pickling onions, carefully peeled, 2 tablespoons of butter, 2 tablespoons of water, salt, pepper, 1 tablespoon of sugar and 1 $\frac{1}{2}$ lbs. of peas. Cover closely, bring to the boil, and simmer for about 45 minutes or longer, till the peas are quite tender. To serve, put the peas on a hot dish,

divide the lettuce in half, lay it on the peas, and garnish with the onions.

PURÉE OF PEAS, OR PURÉE SAINT-GERMAIN

Put the peas in a saucepan and barely cover with boiling salted water, to which a little sugar has been added. Put in 1 lettuce, and 1 or 2 sprigs of parsley. Bring to the boil and cook till tender. Drain, and rub through a sieve. Reduce the liquid in which they were cooked to a bare 2 or 3 tablespoons, add to the purée and work in 4 ozs. of butter to every quart of purée.

PIMIENTOS

There are several varieties of the large sweet Spanish pepper or pimiento—the green, red, and yellow. They may be eaten uncooked for salads, but they are usually blanched in boiling salted water till tender—a few minutes will suffice, as they should be kept firm, especially if they are to be stuffed. Cut the top off the pimientos and remove the seeds.

PIMIENTOS SAUTÉS À L'ITALIENNE

Cut the pimientos into strips, after having removed the stalk, and put in a saucepan with a little oil, chopped tomatoes or a thick Tomato sauce (see p. 123). Season with salt and pepper and simmer till the pimientos are tender. Serve with cooked macaroni or spaghetti.

STUFFED PEPPERS À LA CRÉOLE

Blanch the peppers in boiling salted water for 3 or 4 minutes, drain thoroughly, cut the top off and remove most of the seeds. Stuff each with the following mixture : Brown 1 finely chopped onion in a little butter, adding 1 or 2 tablespoons of chopped cooked ham, 1 clove of chopped garlic,

and a handful of bread, previously soaked in milk or stock, and pressed. Season with salt and pepper and cook till lightly browned. When stuffed, sprinkle the stuffed part of the peppers with breadcrumbs, place a pat of butter on each, and brown in a quick oven. To serve, pour a little melted butter over them.

STUFFED PEPPERS À LA NAPOLITAINE

Blanch as in preceding recipe. Stuff with a mixture of chopped olives, anchovies, capers and breadcrumbs, and bake in a quick oven till lightly browned, basting with butter.

STUFFED PEPPERS À LA PIÉMONTAISE

The same as preceding recipe, but the peppers are stuffed with cooked rice, chopped anchovies, a little garlic, the whole being lightly cooked beforehand in a little oil and butter. Bake as in previous recipe.

STUFFED PEPPERS WITH RICE

Cut the top off the peppers and remove the seeds. Chop 2 or 3 of the peppers and cook in hot butter or fat with 2 or 3 chopped tomatoes, 1 chopped onion, and add 1 cupful of rice. Moisten with water or stock, season with salt and pepper, and cook till the rice is tender, mixing well. Stuff the peppers with the mixture, bake in a quick oven till lightly brown, and serve with cooked rice.

POTATOES

Potatoes should, as much as possible, be cooked in their skins, and not peeled before cooking. They are far more nutritive cooked in this manner, and the flavour is greatly improved. If, however, potatoes are peeled before cooking,

they should not be put in cold water for more than the time required for the other potatoes to be peeled. *They should never be allowed to stand in water* for more than 5 to 8 minutes, much of their nutritive qualities being thereby destroyed and their flavour spoilt. If prepared beforehand, remove from the water, drain, and put on a cloth, cover with another cloth, and keep covered till required. But, generally speaking, potatoes should be prepared at the last moment and cooked straight away.

BAKED POTATOES

Choose somewhat large potatoes, as much as possible of the same size. Wash in warm water and scrub lightly. Put them in a moderate oven and bake till tender, turning them occasionally. If the oven is too hot, the skins will shrivel before the potatoes are cooked. A medium-sized potato takes from 1 to 1½ hours to bake. Serve on a folded napkin, with pats of cold butter served separately. A good way of serving them is to cut a round incision on the top of each potato as soon as taken out of the oven (without removing the skin), and to put a pat of butter, worked with a little salt and pepper, in each potato.

BOILED POTATOES

It is preferable to boil the potatoes in their skins. Wash and scrub lightly, put in boiling salted water and boil gently till tender. If boiled too fast the skins will break. When done, drain and either serve in their skins, or—peel lightly and quickly. If peeled before serving, this should be carefully done and potatoes should always be thinly peeled. Boil in the same manner and, when done, drain off all the water, and let the potatoes stand for a few minutes in the saucepan by the side of the fire, or on a very slow fire, for the moisture to evaporate. Always serve on a hot dish.

DEVILLED NEW POTATOES

Boil the new potatoes in boiling salted water and peel carefully. They should not be boiled too soft. Melt 2 tablespoons of butter (to every 2 dozen potatoes) in a deep frying pan, add 2 teaspoons of made mustard, 1 tablespoon of vinegar and brown the potatoes in this somewhat quickly, seasoning with salt, pepper and cayenne. Serve very hot.

FRIED POTATOES PONT-NEUF (Long Chips)

Choose large firm potatoes, as far as possible of the same size. Peel the potatoes, and with a sharp knife trim each end and the four sides of the potato, so as to give it a square shape—it should look exactly like a block. Then cut lengthwise into slices just under $\frac{1}{2}$ inch in thickness. Lay these slices on the top of one another, and again cut them lengthwise into little sticks, also $\frac{1}{2}$ inch thick. The result will be that all the chips are exactly of the same size, if carefully cut in this manner. The trimming from the potatoes can be utilized for making potato soup, purée, etc. As they are being cut, put the chips in a basin of cold water, then remove from the water, and dry thoroughly in a cloth. Have ready a pan of deep hot oil—the pan should be sufficiently large for the potatoes to “swim,” and on no account should they be closely packed—and put the potatoes in. Fry till they begin to turn a very light golden colour (not brown) and till the surface is crisp and the inside of the chip soft. Remove rapidly from the hot oil with a skimmer and put on a cloth or on blotting paper to drain. Sprinkle with salt, and put them in the oven to drain for 3 or 4 minutes.

POMMES DE TERRE ANNA

Peel and cut the potatoes as for chips (round chips, see p. 95). Place in a well-buttered mould, in circular rows,

or in a shallow saucepan, seasoning with salt and pepper, dot with pats of butter, and continue filling the mould with the sliced potatoes, and pats of butter, till the mould or pan is filled. Cover and put in a quick oven for $\frac{1}{2}$ hour. Serve very hot.

POMMES DE TERRE CHATEAU

Peel the potatoes and shape into large olives. Do not wash them, dry with a cloth. To every lb. of potatoes allow 2 to $2\frac{1}{2}$ ozs. of clarified butter. Melt the butter in a saucepan which will just hold the potatoes. When melted, add the potatoes, which, however, should not be too closely packed, season with salt and pepper, and simmer slowly for 25 to 30 minutes, tossing frequently, so that the potatoes are lightly and equally browned. Drain, put on a hot dish, and sprinkle with chopped parsley.

POMMES DE TERRE DUCHESSE

Croquettes of Potatoes can be shaped in various ways—in cakes, balls, etc., or as a border. Brush over with beaten yolk of egg and colour for 5 or 6 minutes in the oven.

POMMES DE TERRE À LA LYONNAISE

Boil the potatoes in their skins, in salted water, being careful to keep them quite firm. Peel and cut in $\frac{1}{4}$ -inch slices, and cook to a light golden colour in hot butter or fat. Slice a few onions thinly, being careful to slice evenly and allowing $\frac{1}{4}$ lb. of onions to every 1 lb. of potatoes—and fry to a light golden colour in butter, but without browning. When done, add to the potatoes, mix well, sprinkle with salt, pepper and a little chopped parsley, and serve.

POMMES DE TERRE MAIRE

See Potatoes with Cream (p. 96).

POMMES DE TERRE MARQUISE

To every lb. of Pommes de Terre Duchesse (see p. 93) mix 5 tablespoons of very thick Tomato sauce, (see 123 p.) over a slow fire. Place on buttered baking tins in small heaps, brush over with yolk of egg, and brown lightly in a hot oven for 5 to 6 minutes.

POMMES DE TERRE NOISETTE

Peel the potatoes and with a vegetable scoop, shape into hazel nuts. Cook in butter in a saucepan, seasoning with salt, till tender and lightly browned.

POMMES DE TERRE PARISIENNE

Proceed as above, but when done, coat with a little melted meat glaze, and sprinkle with chopped parsley.

POMMES DE TERRE SOUFFLÉES

Peel and cut the potatoes into square blocks and slice into $\frac{1}{8}$ inch thick slices. Put in a basin of cold water and dry thoroughly. Fry in deep fat, but only moderately hot. Increase the temperature of the oil, and when the potatoes rise to the surface, remove and drain in a frying basket. Have ready another pan of extremely hot oil, and plunge the potatoes in this. The sudden contact with the fresh and hotter fat should make them swell or puff to the shape of small round balls. Cook for a few minutes and drain on a cloth. Sprinkle with a little salt.

POTATO BALLS

Mash a few potatoes with a fork till quite smooth. Bind with 1 or 2 yolks of egg, moisten with milk and butter, season with salt and pepper, and shape into small balls. Roll in flour, coat with yolk of egg and breadcrumbs and either fry in deep fat or bake in the oven till a light golden colour.

POTATOES WITH BACON

Peel and quarter medium sized potatoes, and trim off all the angles. Wash and drain the potatoes. Cut $\frac{1}{4}$ lb. of blanched gammon into dice (to every $1\frac{1}{2}$ lbs. of potatoes) and brown in butter, with either 1 oz. of chopped onion or a few small pickling onions. When done, remove from the pan and stir in 1 oz. of flour and cook till brown. Then add $\frac{1}{2}$ pint of stock, the potatoes, the gammon and onion and season with salt and pepper. Bring to the boil, cover and simmer for 35 to 40 minutes till the potatoes are tender. To serve, sprinkle with chopped parsley.

POTATOES WITH BÉCHAMEL SAUCE

Slice the cooked potatoes in $\frac{1}{4}$ -inch slices. Put in a saucepan, barely cover with Béchamel sauce (see p. 116), and cook for 5 minutes, stirring so that the potatoes are equally coated.

POTATOES COOKED IN BUTTER

Choose small potatoes of equal size, put them in a saucepan and cook very slowly in butter, turning frequently. When tender, drain off the butter, and to every $2\frac{1}{2}$ lbs. of potatoes add $3\frac{1}{2}$ ozs. of fresh butter, and simmer till the potatoes have completely absorbed the butter. Season with salt and pepper.

POTATO CHIPS (Round Chips)

Peel potatoes of equal size and shape into perfectly even cork-shapes. Cut into very thin rounds or "chips," put in a basin of cold water for 7 or 8 minutes, drain and dry in a cloth, and fry in very hot deep fat. As soon as they rise to the surface and turn a light golden colour and are quite crisp, drain on a cloth, sprinkle with a little salt and serve. Unless put in very hot oil, the chips will never be crisp. They should be quite dry.

POTATOES WITH CREAM

Choose firm potatoes which are not floury. Boil salted water, peel and cut in $\frac{1}{4}$ -inch rounds. Put them in saucepan, cover with boiling cream, season with salt and pepper and reduce, mixing well with a wooden spoon. Just before serving, add a little more cream.

POTATOES AU GRATIN (1)

Fill a buttered fireproof dish with a purée of potato (see p. 97), sprinkle with grated cheese and breadcrumb; moisten with melted butter and brown in a quick oven.

POTATOES AU GRATIN (2)

Bake a few large potatoes, and when done cut in half lengthwise. Remove the pulp and make a purée (see p. 97). Fill each half potato with the purée, sprinkle with grated cheese and breadcrumbs, moisten with melted butter and brown in a quick oven.

POTATOES AU GRATIN WITH MORNAY SAUCE

Slice a few cooked potatoes thickly, put in a fireproof dish, cover with Mornay sauce (see p. 121), sprinkle with grated cheese and moisten with melted butter. Brown in quick oven.

POTATOES À LA MAÎTRE D'HÔTEL

Cook a few medium-sized potatoes in boiling salted water, but keeping them very firm. Peel and cut into rounds while still hot. Put in a saucepan, barely cover with boiling stock, season with salt and pepper, and rapidly reduce the stock till it has completely evaporated. Add or 2 lumps of butter, put on a hot dish and sprinkle with chopped parsley.

POTATO PURÉE

Peel the potatoes, quarter them and boil rapidly in boiling salted water. When soft, drain and put in the oven for a few minutes, so that all moisture will evaporate. Rub through a sieve and work in 3 ozs. of butter to every 2 lbs. of purée. Add gradually about $\frac{1}{2}$ pint of boiling milk and work to the proper consistency, seasoning with salt and pepper. The purée should be very light and smooth—just sufficiently firm to be eaten with a fork.

POTATO QUENELLES

Prepare in the same manner as *Pommes de Terre Duchesse* (see p. 93), but to every 2 $\frac{1}{4}$ lbs. of the preparation add 3 whole eggs and 3 ozs. of flour, mixing all well and dividing into pieces weighing about 1 $\frac{1}{2}$ to 2 ozs. Shape into small flat cakes or corks, or into small balls. Poach in boiling salted water till they rise to the surface and drain thoroughly. They can be used as garnishes or served on a buttered fireproof dish, sprinkled with cheese, moistened with butter and browned in a quick oven.

POTATO SOUFFLÉ

To every pint of light potato purée (see above), made with cream instead of milk, add the yolks of 3 eggs and the whites beaten to a stiff froth. Season with salt and pepper, fill $\frac{3}{4}$ full a buttered soufflé dish or individual soufflé dishes, put in a brisk oven at first, and as soon as the soufflé has risen slightly, lower the temperature and cook for 20 to 25 minutes, till the soufflé is lightly browned.

STUFFED POTATOES WITH FISH

Bake the number of medium-sized potatoes required. When done, remove from the oven and cut a circular incision in the top. Remove the hot pulp and put in a

basin. Work with a little butter and milk in the same way as when mixing a purée. Add half the quantity of any cooked white fish, finely chopped or pounded in a mortar, seasoning with salt and pepper. Fill the potatoes with the mixture, sprinkle with breadcrumbs, moisten with melted butter and brown lightly in a brisk oven.

STUFFED POTATOES WITH MEAT

Proceed as in foregoing recipe. Add half the quantity of chopped cooked meat to the potato purée, seasoning with a little chopped browned onion.

STUFFED POTATOES WITH HAM

Proceed as in foregoing recipes, but using chopped cooked ham and flavouring the potato purée with grated cheese.

STUFFED POTATOES IN THE GERMAN WAY

Cook and prepare the potatoes as in preceding recipes. Rub the pulp through a sieve, put in a basin with the same quantity of butter, and for 6 large potatoes add the yolks of 2 eggs, 3 tablespoons of cream, season with salt, pepper, sugar and nutmeg. Gradually work in 2 tablespoons of grated Parmesan cheese, fill the potatoes with the mixture, sprinkle with Parmesan, put a small pat of butter on each potato and bake in a moderate oven for 25 minutes.

STUFFED POTATOES WITH VARIOUS STUFFINGS

Potatoes can be stuffed with a great variety of forcemeats, etc.—godiveau, sausage meat, veal forcemeat, various kinds of fish, meat, poultry, game or vegetable purées, etc.

RIBBON POTATOES

Peel some fairly large potatoes of equal size and cut them

into ribbons with a sharp knife, in the same way as an apple is pared. Fry in deep fat, drain and sprinkle with salt. They should be quite dry and crisp.

ROASTED POTATOES

If large, the potatoes should be peeled, quartered and blanched in boiling salted water for 10 to 20 minutes, according to size. They are then put in the tin in which meat is being roasted, and frequently turned till evenly browned and quite tender. If the potatoes are not large, they can be peeled and halved and quartered and roasted entirely in the meat tin without being previously boiled.

SAUTÉ POTATOES

Boil some firm potatoes in their skins in boiling salted water, and when nearly done remove, drain, peel the potatoes and cut in $\frac{1}{4}$ -inch slices. To every lb. of cooked and sliced potatoes allow just under 2 ozs. of butter. Put the butter in a pan, and when hot add the potatoes and toss till a golden colour on both sides. Put on a hot dish, sprinkle with salt and a little chopped parsley.

SNOW POTATOES

Boil the potatoes in their skins till tender, drain, peel and dry in the oven for a few minutes. Have ready a hot dish and hurriedly rub the potatoes through a coarse sieve into the dish and serve at once without touching.

STEAMED POTATOES

This is an excellent way of cooking potatoes, particularly new ones, but they should never be peeled before steaming. Put in a steamer, cover and steam till tender, being careful to replace the boiling water as it evaporates. If no proper

steamer is available, they can be peeled, quartered or shaped into large olives, put in a saucepan with a close-fitting lid, barely covered with cold water, seasoned with salt and rapidly brought to the boil and cooked till tender. But the first method is by far the best, and every kitchen should be equipped with a steamer.

STRAW POTATOES

Peel and trim as for Fried Potatoes Pont-Neuf (see p. 92). Slice lengthwise into slices $\frac{1}{8}$ inch, lay a few of these slices one on the top of the other, and again slice lengthwise in "straws" of the same thickness. They should be the thickness and about the length of an ordinary match. Wash the straws in a basin of cold water to remove the superfluous starch, and dry in a cloth, shaking the potatoes as in the drying of lettuce. Fry in deep fat and remove after 3 minutes. The potatoes are cooked. To brown them lightly and dry them thoroughly, plunge them once more in very hot oil immediately before serving, drain and serve at once.

LA TARTE AUX POMMES DE TERRE

Line a well buttered tart tin with short crust, raising the border so as to make an edging. Fill with previously blanched and diced potatoes, bacon and onions, season with salt and pepper and brown in a moderate oven for 35 to 40 minutes.

PUMPKIN

BAKED PUMPKIN

Divide a somewhat small pumpkin in half and then into quarters. Remove the seeds, but do not remove the rind. Bake in a moderate oven, rind downwards, for $1\frac{1}{2}$ to 2 hours or longer, till very tender. Serve in the rind, helping it by spoonfuls. It is eaten with butter or gravy.

PURÉE OF PUMPKIN

Peel the pumpkin, remove the seeds and cut the pumpkin into large dice. Boil in boiling salted water to which 2 or 3 lumps of sugar have been added. When tender, drain and rub through a sieve into a basin. Work with a little butter and milk to the right consistency, stir on a slow fire seasoning with salt and pepper.

STEWED PUMPKIN

Peel and cut as in preceding recipe. Brown lightly in butter, cover with stock, season with salt and pepper, a bouquet of herbs, bring to the boil and simmer till tender. The time varies according to the size and freshness of the pumpkin.

SALSIFY

The salsify should be carefully scraped. Have ready a basin of cold water with a little vinegar, and throw in each salsify as it is scraped, dividing in lengths, which vary according to the manner in which they are to be used. If not put in water at once they turn black. When all the salsify are scraped, put in a saucepan of boiling salted water to which a little vinegar has been added. The time depends much on the size of the salsify. Young, small salsify may be tender after 35 to 40 minutes; others may take 1 hour or more. When done, drain and use as required.

FRIED SALSIFY

Scrape the salsify and divide into 3-inch lengths, halving the thicker pieces of salsify lengthwise. Cook as in preceding recipe. Drain, put on a dish, sprinkle with lemon juice, salt and pepper and a little chopped parsley. Let stand till cold. Dip the pieces of salsify in frying batter (see p. 124) and fry in deep fat to a light golden colour. Drain and serve on a hot dish on a folded napkin.

SALSIFY WITH CREAM SAUCE

Prepare and cook the salsify as directed (see p. 101), and when done drain, put in a saucepan and cook for 5 minutes in a Cream sauce (see p. 118), but without boiling.

SALSIFY AU GRATIN

Put the prepared and cooked salsify, cut in 3-inch lengths, in a fireproof dish, cover with Béchamel sauce (see p. 116), sprinkle with grated cheese and breadcrumbs, moisten with butter and brown in a quick oven.

SALSIFY À LA NORMANDE

The same as Salsify with Cream Sauce (see above), but with Normande sauce made with cider or wine (see p. 122).

SALSIFY WITH POULETTE SAUCE

The same as preceding recipe, but with Poulette sauce (see p. 122).

SALSIFY SAUTÉ

Brown the cooked salsify in hot butter, seasoning with salt and pepper. Sprinkle with a little chopped parsley.

SEAKALE

Wash the seakale in cold water, trimming off any bruised or decayed part. Tie in small bunches with string, and boil in boiling salted water till tender, being careful not to overboil it as the tips will break off. Drain, untie, put on a hot dish and serve with any of the sauces served with asparagus, or dress in the same manner (see p. 27).

SORREL

Pick and wash $3\frac{1}{2}$ to 4 lbs. of sorrel, put in an earthenware or iron saucepan (avoid using aluminium, as sorrel contains oxalic acid, which affects aluminium and is poisonous to some people) and simmer with a few tablespoons of water. Drain on a sieve. Mix 1 oz. of butter with a little less flour, and when blended add 1 pint or a little over of stock, and the sorrel, seasoning with salt and a little sugar. Cover and simmer in the oven for 2 hours. Then rub the sorrel through a sieve, thicken with the yolks of 2 or 3 eggs beaten with a little of the hot stock, add 2 whole eggs, mix thoroughly on a slow fire, remove from the fire and add a little butter and moisten with a little stock. If served as a vegetable course, garnish with slices of hard-boiled eggs.

SORREL WITH CREAM

The same as in the preceding recipe, but using milk instead of stock, and adding a little cream to the finished

SPINACH

Pick the spinach carefully and wash in several waters. If the spinach is very young, the leaves need not be picked off the stalks. These can be broken off on a level with the leaf or leaves. Drain thoroughly and put in a large saucepan of boiling salted water, allowing 1 quart to every lb. of unpicked spinach. Boil rapidly for 10 to 15 minutes, according to the freshness of the spinach. Rapid boiling will help to keep the spinach green. When done, drain on a sieve or a collander and at once pour cold water over it. Press the spinach with the hands and extract as much water as possible. Now either rub through a sieve or chop finely. Put the chopped spinach in a cloth and squeeze out all the water by twisting the ends of the cloth. The spinach is now ready for use.

BOUILLABAISSE OF SPINACH

Prepare the spinach as in foregoing recipe, but chop—do not rub through a sieve. Put 3 tablespoons of oil in an earthenware casserole, add 1 chopped onion, and cook without browning, then add the spinach—about 2 lbs.—mix and cook for about 5 minutes. Now add 4 or 5 potatoes, cut in $\frac{1}{4}$ -inch slices, season with salt, pepper and a good pinch of saffron, cover with 2 pints of stock, add 2 chopped cloves of garlic, a sprig of fennel and cover. Simmer very gently till the potatoes are tender, then break the number of eggs required over the potatoes very carefully, allowing one for each person, and when set serve at once. Put a slice of bread on each plate; over this carefully place the egg and a good ladleful of the bouillabaisse.

ÉPINARDS EN BRANCHES

Cook the spinach as directed (see p. 103), but do not chop it. Squeeze in a cloth to extract the water, put it on a hot dish, season with salt and pepper and pour melted butter over it.

ÉPINARDS À LA CRÈME

Put the cooked, chopped and drained spinach in a saucepan, mix with 2 ozs. of butter to every lb. of spinach, add a quarter of the total amount of Cream sauce (see p. 118), stir and simmer for 10 minutes.

ÉPINARDS À LA MORNAY

The same as in preceding recipe, but with Mornay sauce (see p. 121).

SPINACH AU GRATIN

Mix the cooked, chopped and drained spinach with butter, allowing 3 ozs. to every lb. of spinach. Add 2 ozs.

of grated cheese, and put in a buttered fireproof dish. Sprinkle freely with grated cheese, moisten with butter and brown in a quick oven.

SPINACH À L'ITALIENNE

Mix the cooked, coarsely chopped and drained spinach with 2 ozs. of butter to every lb, and 5 minutes before serving add 1 heaped tablespoon of raisins and 1 heaped teaspoon of pine kernel nuts.

PURÉE OF SPINACH

The same as *Epinards à la Crème*, but the spinach should have been rubbed through a sieve. Put the purée in a hot vegetable dish and mix in 1 or 2 tablespoons of hot cream.

SPINACH SOUFFLÉ

Cook and drain the spinach and rub through a sieve. To every $\frac{1}{2}$ lb. of spinach allow the yolks of 3 eggs, 2 ozs. of grated Parmesan cheese and 3 whites of eggs, beaten to a stiff froth. Mix the yolks with the spinach, stir in the grated Parmesan cheese, season with salt and pepper, and finally mix in the stiffly beaten whites. Pour the mixture in a buttered soufflé dish, filling it only three-quarters full, sprinkle with a little Parmesan, and put in a quick oven at first, and as soon as the soufflé begins to rise lower the temperature. Bake for 20 to 25 minutes.

SPINACH SOUFFLÉ WITH ANCHOVIES

Proceed as in foregoing recipe, but in putting the mixture in the soufflé dish put only a thin coating of it, and over this put a layer of filleted anchovies, cover with the soufflé mixture, then another layer of anchovies, and finally cover with another layer of soufflé mixture. Bake in the same manner.

SUBRICS D'ÉPINARDS

Cook and drain the spinach and put in a saucepan on a quick fire with 2 ozs. of butter to every lb. of spinach and stir till the moisture has evaporated. Remove from the fire and mix with 6 tablespoons of thick Béchamel sauce (see p. 116), 2 tablespoons of thick cream, 1 whole egg and 3 yolks, well beaten, and season with salt, pepper and a little nutmeg. Drop a spoonful at a time of the mixture in a pan of very hot clarified butter and brown, turning carefully to brown the other side. Put on a hot dish and serve with a Cream sauce (see p. 118).

SPLIT PEAS

See Haricot Beans, Lentils, etc.

PEASE PUDDING

Soak 1½ pints of split peas in cold water for a night, and remove any that float, or that may be discoloured or worm-eaten. Tie loosely in a cloth and put in a saucepan, covering them with cold water—preferably soft or rain water. Bring to the boil and simmer for 2 hours, or till the peas are tender. Rub through a sieve and mix in a basin with 2 ozs. of butter, 2 whole eggs, and season with salt and pepper. Beat all thoroughly, tie in a cloth and boil for 1 hour. Turn out of the cloth and serve very hot.

SWEET POTATOES

BAKED SWEET POTATOES

This is the most usual way of cooking sweet potatoes or yams. Bake in the same manner as ordinary potatoes (see p. 91), but allowing longer time, as sweet potatoes are sometimes very much larger than the common potato. They are eaten with butter. They are always served in their jackets.

FRIED SWEET POTATOES

Choose potatoes of equal size. Peel and cut into $\frac{1}{4}$ -inch rounds and fry in deep fat till lightly brown. Drain and serve.

SWEET POTATOES WITH CARAMEL

Peel the sweet potatoes and boil till tender, but not too soft. Drain and cut in half lengthwise. Fry in hot butter till lightly browned, sprinkling freely with sugar, which turns to a thin caramel.

SWEET POTATO PURÉE

Either boil or bake the potatoes, and when quite tender rub through a sieve. Proceed as in recipe for Potato Purée (p. 97), but adding a little sugar as well as salt and pepper—the latter is generously used.

SWEET POTATO SAUTÉS

Slice the cooked and peeled sweet potatoes in $\frac{1}{4}$ -inch slices, and lightly brown them in butter, tossing frequently so that they will be equally browned.

TOMATOES

BAKED TOMATOES

Choose tomatoes of equal size. Remove the stalks and halve the tomatoes. Put them in a buttered fireproof dish, season with salt and pepper, sprinkle the top with bread-crumbs, dot with pats of butter, and put in a moderate oven for 20 to 25 minutes till lightly browned.

FRIED TOMATOES

Choose firm, medium-sized tomatoes. Pour boiling water over them and peel. Slice in $\frac{1}{4}$ -inch slices, dip each

slice in frying batter (see p. 124), and fry in deep fat. Serve on a hot dish on a folded napkin.

GRILLED TOMATOES

Remove the stalks and cut the tomatoes in thick slices, or leave them whole, if not too large. Season with salt and pepper, brush over with a little oil and grill till lightly coloured.

STUFFED TOMATOES

If the tomatoes are large they can be halved. If not, cut a round incision on the top of each tomato and remove the pulp and seeds. Season the inside of each with salt and pepper, and put on a buttered or oiled baking tin. Bake for 8 to 10 minutes in a moderate oven till they just begin to soften. They are then ready for stuffing.

STUFFED TOMATOES AU GRATIN

Stuff the prepared tomatoes with chopped cooked mushrooms and chopped ham mixed with a little Béchamel sauce (see p. 116.) Put on a baking tin or in a buttered fireproof dish, sprinkle with breadcrumbs, moisten with melted butter or oil, and brown in a quick oven.

STUFFED TOMATOES À L'ITALIENNE

Stuff the prepared tomatoes (see Stuffed Tomatoes, p. 108) with rice cooked in broth and put them in a fireproof dish with oil, a few fillets of anchovies, 2 or 3 cloves of chopped garlic, a few sprigs of mint and season with pepper. Bake in a moderate oven for 20 minutes.

STUFFED TOMATOES WITH MUSHROOM PURÉE

Stuff the prepared tomatoes with mushroom purée (see p. 80) and bake for 20 minutes in a moderate oven.

STUFFED TOMATOES À LA PROVENÇALE

Prepare 6 large tomatoes and stuff with the following mixture : Brown 2 tablespoons of finely chopped onion in oil, add the pulp of 4 tomatoes, a little chopped parsley and 1 chopped clove of garlic. Cover and simmer for 10 minutes. Then add 2 or 3 chopped anchovies, 4 tablespoons of bread, previously soaked and pressed, and moisten with a little stock. Sprinkle with breadcrumbs and grated cheese, moisten with oil and bake for 20 minutes. They can also be served cold, without being baked.

TOMATOES FARCIES À LA CARMÉLITE

Stuff the prepared tomatoes with chopped hardboiled eggs mixed with thick Béchamel sauce (see p. 116), sprinkle with grated cheese, moisten with oil or melted butter and put in a quick oven to brown. Put on a hot dish and surround with Tomato sauce (see p. 123).

TOMATOES AU GRATIN

Scald and peel 6 or 8 large and firm tomatoes. Slice them and put a layer of slices in a well-buttered fireproof dish, sprinkle with grated cheese and breadcrumbs, moisten with melted butter, season with salt and pepper, and continue filling the dish with alternate layers of tomatoes and grated cheese and breadcrumbs. Moisten finally with butter and bake in a moderate oven for $\frac{3}{4}$ hour.

TOMATO PURÉE

See Tomato sauce (p. 123), keeping the purée somewhat thicker.

TOMATO SAUTÉS

Scald and peel some firm tomatoes and cut in thick slices. Season with salt and pepper, sprinkle with flour, and brown

in hot butter, tossing frequently and browning the tomatoes equally on all sides. Put on a hot dish and sprinkle with chopped parsley.

TOMATO SOUFFLÉ

Add 2 ozs. of grated Parmesan cheese and 2 tablespoons of very thick Béchamel sauce (see p. 116) to $\frac{1}{2}$ pint of thick tomato purée (see p. 109). Mix thoroughly and add 3 yolks of egg, and finally the 3 whites, stiffly beaten. Season with salt and pepper and bake for 20 to 25 minutes, in a quick oven at first.

TRUFFLES

In this country truffles are usually bought already prepared and cooked, in either bottles or tins. When fresh truffles are procurable they should be prepared in the following manner :

Soak the truffles in warm water for $\frac{1}{2}$ hour. Put them in clean water and rub well with the hands, changing the water two or three times. Then rub them well with a small, firm and perfectly clean brush, removing every particle of mud or earth, and with a small pointed stick remove the mud from the small hollows on the surface of the truffles. Again put them in a basin of cold water to verify their absolute cleanliness. Drain and dry in a cloth.

TRUFFES AU CHAMPAGNE

Choose large round truffles weighing, before they are peeled, from $2\frac{1}{2}$ to 3 ozs. each. Peel carefully and cook as follows : Put 1 oz. of chopped onion, 1 oz. of chopped carrot, and 2 or 3 chopped shallots in a small saucepan (in which the truffles will be somewhat closely packed) with a bouquet of mixed herbs and a little butter. Cook for 15 to 20 minutes, without browning, till the vegetables are

tender. Then add 1½ lbs. of prepared truffles, ¾ pint of champagne, season with salt and pepper and cover. Simmer gently for 20 minutes or less, according to the size of the truffles. Remove from the saucepan, strain the liquid and reduce by half. Take the saucepan from the fire, add 1 oz. of meat glaze and 2 ozs. of butter divided in small pieces. Pour the sauce over the truffles.

The truffles can be prepared and cooked in the same manner with Madeira instead of champagne.

TRUFFES À LA CRÈME

Slice 1 lb. of prepared and peeled truffles, season with salt and pepper and cook over a slow fire in 2 ozs. of butter and 2 teaspoons of brandy. When tender add 3 tablespoons of thick Béchamel sauce (see p. 116) and 2 tablespoons of cream. Stir well, remove from the fire and mix in 2 ozs. of butter, divided in small pieces. Serve on a hot dish or in a Vol au Vent case.

TRUFFES À LA SERVIETTE

The same as Truffles au Champagne (p. 110), but with Madeira. In former times the truffles were served on a folded napkin, on a hot dish, and pats of cold butter were served at the same time. In modern times, they are served in a dish—a silver dish preferably—which is placed on a napkin folded in a fancy shape.

TURNIPS

They can be cooked and prepared in the same manner as carrots (see p. 49).

BOILED TURNIPS

Pare the turnips and, if large, quarter them. If young turnips are used, leave them whole. Put in a large saucepan

of boiling salted water and simmer till tender. The time varies according to the size and age of the turnips. They should be tender but not too soft. Drain and use as required.

BOILED TURNIPS AND TURNIP TOPS

Boil the turnips as in preceding recipe, but keeping them very firm. Wash the turnip tops and cook in the same manner as spinach (see p. 104). Drain, rub through a sieve or chop and mix with butter, seasoning with salt and pepper. Place in the centre of a hot dish and surround with the boiled turnips, sliced and lightly browned in butter, and seasoned with salt and pepper.

PURÉE OF TURNIPS

Peel and shred the turnips or chop finely. Put in a saucepan with a lump of butter—about 2 ozs. to every 1½ lbs. of turnips—season with salt, pepper and a little sugar, and barely cover with boiling water. Bring to the boil and simmer till tender. Rub through a sieve and add 3 ozs., or a little less, of potato purée to every lb. of turnip purée.

STUFFED TURNIPS

Choose round, medium-sized turnips of equal size. Peel them and blanch in boiling salted water till tender. Scoop out the middle part of each turnip and fill with equal parts of turnip and potato purée mixed (see preceding recipe). Put in a buttered fireproof dish, moisten with melted butter and brown in a moderate oven for 30 to 40 minutes, basting frequently.

TURNIPS AS A GARNISH

See Carrots as a Garnish, p. 50.

TURNIPS SAUTÉS IN BUTTER

Boil the turnips and slice thickly, if old, or leave the turnips whole if young and small. Drain and brown lightly in butter, tossing frequently and seasoning with salt and pepper.

TURNIP TOPS

These can be prepared, cooked and dressed in the same manner as cabbage leaves.

VEGETABLE MARROW

Vegetable marrows are at their best when quite young and free from all tough fibres. They are delicious when only 4 to 5 inches long, and should never be chosen more than 12 to 14 inches long. A common fallacy in this country is the belief that the seeds of a marrow are injurious and should be removed before or after cooking. There is no foundation whatever for this, and the seeds of marrows of the above-mentioned sizes can be eaten with impunity. The seeds of out-sized marrows are doubtless hard and require much cooking before they become sufficiently soft to be easily digested, but this applies equally to the fibrous and tough pulp of such marrows, which, strictly speaking, are not fit for human consumption and are used on the Continent to feed cattle, and in this country in the making of jams of inferior quality.

BOILED VEGETABLE MARROW

Peel the marrow or marrows carefully and cut in $\frac{1}{4}$ -inch slices, without removing the seeds. Boil in a large saucepan in a plentiful amount of boiling salted water. If the marrow is quite young it will be done as soon as the water again comes to the boil. If a larger marrow is used, 3 or 4 minutes' boiling will be sufficient. The slices should be tender but

quite firm. Lift out with a fish slice, as the slices of marrow are apt to break if put all at once on a collander. Drain thoroughly on a sieve or collander, as marrow is a very watery vegetable. When well drained, put on a hot dish, season with salt and pepper and pour a little melted butter over it.

SMALL MARROWS MARINATED

Very small marrows are used for this dish. Peel the marrows, chop and brown in a little butter. Add a little vinegar, a few sprigs of mint and serve.

STUFFED VEGETABLE MARROW

Blanch the unpeeled marrow in boiling salted water or bake it till tender but firm. Drain and make a large oblong opening in the top of the marrow and remove the pulp. Or the marrow may be peeled beforehand, cut in half lengthwise, the pulp removed, but leaving a thickness of $\frac{1}{2}$ inch of pulp, so that the marrow will not break when cooked. The peeled marrow is blanched in boiling water for 10 to 12 minutes. It can be stuffed with any kind of forcemeat—veal, sausage, etc., mixed with their pulp, a little soaked and pressed bread or breadcrumbs, the whole being browned in butter. The stuffed marrow is put on a buttered baking tin or in a fireproof dish, sprinkled with breadcrumbs, moistened with melted butter and baked in a moderate oven for 20 to 30 minutes.

VEGETABLE MARROW WITH BÉCHAMEL SAUCE

Boil the sliced marrow (see p. 113), drain, put on a hot dish and cover with Béchamel sauce (see p. 116).

VEGETABLE MARROW WITH CREAM SAUCE

The same as preceding recipe, but with Cream sauce (see p. 118).

VEGETABLE MARROW FRITTERS

Dip the slices of boiled marrow (see p. 113) in frying batter (see p. 124) and fry in deep fat. When a light golden colour, drain and serve on a hot dish on a folded napkin.

VEGETABLE MARROW AU GRATIN

Put the slices of boiled marrow in a buttered fireproof dish, season with salt, pepper, sprinkle with breadcrumbs, moisten with melted butter, and brown in a brisk oven.

VEGETABLE MARROW WITH MORNAY SAUCE

The same as Vegetable Marrow with Cream Sauce, but using Mornay sauce (see p. 121).

VEGETABLE MARROW SAUTÉ

Boil the marrow (see p. 113), but keep the slices very firm. Drain, season with salt and pepper, and brown in butter, tossing frequently and browning equally on both sides.

WINDSOR BEANS

Cook and dress in the same manner as Broad Beans.

Sauces

ALLEMANDE SAUCE

Ingredients: 1½ pints of white veal stock, 1½ ozs. of butter, 1 oz. of flour, 2 ozs. of mushrooms or mushroom peelings, a few sprigs of parsley, the yolks of 4 eggs, salt, pepper and a little grated nutmeg (optional).

Method : A thick saucepan should be used for making this sauce. Make a blonde roux with $1\frac{1}{2}$ ozs. of butter and 1 oz. of flour, and gradually stir in the veal stock. Add the chopped mushrooms, the parsley, and season with salt and pepper. Simmer gently for 1 hour, skimming very carefully, as in making brown sauce. Strain through a wire sieve and replace in the saucepan, which should have been well rinsed. Mix the yolks of 4 eggs in a basin and moisten gradually with a few tablespoons of the hot liquid, then add them to the sauce, bring to the boil on a quick fire and stir until the sauce is reduced to $\frac{1}{2}$ pint. Strain once more through a wire sieve, add the rest of the butter, and it is then ready for use.

BÉCHAMEL SAUCE

The Marquis de Béchamel, the originator of the famous white sauce which bears his name, would find it difficult to recognize the modern versions and interpretations of it—and still more the recipes given in some cookery books. Béchamel's innovation consisted merely in adding cream to Velouté soup, which has veal stock as a foundation.

Ingredients : For the *Mirepoix*— $1\frac{1}{2}$ ozs. of onions, $1\frac{1}{2}$ ozs. of carrots, $1\frac{1}{2}$ ozs. of uncooked ham or gammon, or $2\frac{1}{2}$ ozs. of veal and 1 oz. of butter.

For the White *roux*— $1\frac{1}{2}$ ozs. of butter and the same quantity of flour, $1\frac{1}{2}$ pints of veal stock or milk, a herb bouquet, salt, pepper and a little grated nutmeg.

Method : Chop the carrots and onions and cut the ham or veal in small dice. Put them in a saucepan with 1 oz. of butter and simmer for 10 to 15 minutes, but without browning. Make a white roux with the butter and flour and stir in the boiling stock or milk gradually. Drain the vegetables and meat thoroughly and add to the sauce with the herb bouquet, and a seasoning of salt, pepper and nut-

meg. Do not cover the saucepan. Bring to the boil and simmer very gently for $\frac{3}{4}$ hour to 1 hour. When done, strain through a wire sieve into a small saucepan and stir in a small piece of butter, and use as required. The ham or veal may be omitted, the sauce being then called a *Béchamel maigre*.

Another and quicker method of making the sauce is to put the chopped vegetables, the meat or ham, the herb bouquet and the seasoning in the boiling stock or milk, and let them infuse for 10 minutes. Strain through a sieve and add gradually to the white *roux*. Simmer for 15 to 20 minutes.

BORDELAISE SAUCE

Ingredients : $\frac{3}{4}$ pint Espagnole or brown sauce (see p. 119), 1 $\frac{1}{2}$ ozs. of finely chopped shallots (or onion), 1 gill of claret, a little thyme, a small bayleaf, 2 tablespoons of beef marrow (optional), 1 oz. of butter.

Method : Put the chopped shallots and herbs in a small saucepan with the claret and simmer till reduced by half. Add to the hot Espagnole sauce, mixing well, and finally small pieces of marrow, previously poached for 10 minutes in a little water. When the saucepan is taken off the fire add the butter, also divided into small pieces.

BROWN BUTTER (*Beurre Noisette*)

Put the quantity of butter required in a small saucepan on a slow fire and simmer till it turns a light brown—the colour of a hazel nut, as its French name indicates—*noisette* being a hazel nut. It must be carefully watched during the process of cooking, as it is apt to turn to a darker colour if cooked for a second or two longer, and then becomes *Beurre Noir*, or black butter.

CELERY SAUCE

Ingredients : The white part of a head of celery, Cream sauce (see p. 118).

Method : Mince the celery and cook in boiling salted water till tender. Add to a Cream sauce and simmer for 10 minutes.

CREAM SAUCE (1)

Add 6 tablespoons of cream to $\frac{3}{4}$ pint of Béchamel sauce (see p. 116) and stir over a quick fire till reduced to $\frac{1}{2}$ pint. Strain through a coarse sieve, and over a slow fire stir in 4 tablespoons of thick cream and add 2 teaspoons of lemon juice. This sauce is served with boiled fish, with chicken, and is also used for certain vegetables and with eggs.

CREAM SAUCE (2)

Melt $\frac{1}{2}$ lb. of butter in a small thick saucepan over a slow fire, and when melted, but not very hot, add $\frac{1}{2}$ pint of cream, season with salt and pepper and stir continuously with a wooden spoon for 8 to 10 minutes, without letting the sauce boil.

DUXELLES SAUCE

Put 2 tablespoons of oil and 1 teaspoon of butter in a small thick saucepan. When hot, add 1 dessertspoon of chopped onion and 1 of chopped shallots, and cook to a light golden colour, but without browning. Now add 3 ozs. of finely chopped mushrooms, season with salt, pepper and a little nutmeg. Stir for 5 to 8 minutes, add 6 tablespoons of white wine, $\frac{1}{2}$ pint of good stock, 1 tablespoon of tomato purée (see p. 109) and thicken with $\frac{1}{2}$ oz. of butter worked with the same quantity of flour. Stir and then simmer gently for 15 to 20 minutes. Just before serving add 1 oz. of butter, divided in small pieces, and 1 teaspoon of chopped parsley.

ESPAGNOLE OR BROWN SAUCE

As this sauce is used in the making of so many sauces it is advisable to have a supply of it always available, and it will keep for several days if put in a stone jar and stored in a cool place. The quantities given will make about 1 quart.

Ingredients: 1½ quarts of strong stock, 1 gill of white wine, 3 tablespoons of tomato purée (see p. 109), 3½ ozs. of lean bacon, 3½ ozs. of carrots, 3½ ozs. of onions, 1½ ozs. of mushrooms or mushroom peelings, 3 or 4 sprigs of parsley, a little thyme, 1 small bayleaf, 2 ozs. of flour, 3½ ozs. of butter.

Method: Cut the bacon, the vegetables and the mushrooms into small dice. Use a thick saucepan, which will just hold about 2 quarts. Put it on a slow fire and melt the butter, and as soon as the butter is just hot put in the bacon, vegetables (not the mushrooms) and herbs, and cook very slowly till slightly browned. Do not cover the saucepan, and stir the vegetables and bacon occasionally with a wooden spoon, so that they will be equally browned. Now sprinkle in the flour and mix thoroughly. Let this cook very gently till it becomes a brown roux—from 15 to 20 minutes. Then add, very gradually, the white wine and the stock, stirring continuously during the process. Keep 1 gill of the stock, which is to be used at a later stage in the making of the sauce. Bring to the boil, add the tomato purée and the mushrooms and let simmer very gently for 1 hour, uncovered. Skim carefully, as the grease rises to the surface.

Now strain the sauce carefully through a wire sieve into a clean saucepan, or into a basin if another similar saucepan is not available, while the saucepan is being washed. Put the sauce back in the clean saucepan and put on a slow fire, bring to the boil and simmer. And now begins one of the most important processes in the making of a good brown sauce—patient and unceasing skimming—for it should be

absolutely free from all grease ; it should be almost transparent and it should never, like so many badly-skimmed sauces, coagulate after it has been left on a dish or a plate for a few minutes. This skimming is greatly facilitated if the saucepan is slightly tilted so that the heat is centred on one point only. This can be done by slipping a small, shallow baking tin or plate under one side of the saucepan, and also in the course of skimming, adding 1 or 2 table-spoons at a time of the cold stock which has been kept for this purpose. The scum will continue to rise for about $\frac{1}{2}$ hour, and every particle of it must be removed as it rises. When it is entirely free from grease, strain once more and it is then ready for use. When kept for several days it is advisable to boil it every day, especially in hot weather.

Another method of making this brown sauce, but which takes a little more time, is to brown the vegetables separately and to make a brown roux separately, and then add them to the stock, but the simplest is the one I have indicated above.

HOLLANDAISE SAUCE

Ingredients : The yolks of 3 eggs, 6 ozs. of butter, 3 table-spoons of vinegar, 2 table-spoons of water, the juice of $\frac{1}{2}$ a lemon, salt and pepper.

Method : The making of this sauce is beset with pitfalls, especially when undertaken by amateurs. The chief difficulty is to prevent the eggs from curdling, and in order to avoid this, the sauce should always be made in a double saucepan, and the water must be hot but *never boiling*. Put the vinegar, water, salt and pepper in a small thick saucepan and let them reduce till there is only 1 table-spoon of the liquid left. Set aside till almost cold. Then add the yolk of egg (without a particle of white) and 1 oz. only of butter. Mix all thoroughly with a *wooden* spoon and place in the double saucepan of hot water. Stir incessantly with the spoon or the sauce whisk till the mixture begins to thicken

slightly. Have the remainder of the butter divided into small pieces, the size of a nut, and add gradually, occasionally adding a teaspoon of cold water to the sauce so that it should cook more slowly. Never stop stirring, and when all the butter has been used up, remove the small saucepan from the one containing the hot water, and add the lemon juice. It should be of the consistency of thin mayonnaise. Should the eggs and butter become "separated" at any time during the making of this sauce, remove the saucepan from the hot water and immediately add a tablespoon of cold water and beat till quite smooth. Or, if it curdles, pour the sauce in a basin, put another yolk of egg in the saucepan (which should be cold) and gradually add the sauce, beating well, till it is once more smooth and of the right consistency. Replace the saucepan in the hot water and continue beating for a few minutes.

MORNAY SAUCE

To every pint of Béchamel sauce (see p. 116) add just under 1 oz. of finely grated Gruyère cheese, and the same quantity of finely grated Parmesan cheese. Stir over a slow fire till the cheese has melted, and before serving, add 1 oz. of butter, divided in small pieces. When served with fish, 3 or 4 tablespoons of fish stock are added to the sauce, which is slightly reduced before the cheese is put in.

MOUSSELINE SAUCE

Ingredients: Hollandaise sauce (see p. 120), 4 tablespoons of cream.

Method: Make the same quantity of Hollandaise sauce as indicated on p. 120, and to this add, at the last moment, and mixing well, the cream, stiffly whipped.

SAUCE NORMANDE (for Meat and Vegetables)

Melt 1 oz. of butter in a saucepan and lightly brown 1 finely chopped onion. Then add 2 ozs. of butter and work to a smooth paste with 1 oz. of flour. Add gradually $\frac{1}{2}$ pint of white wine or cider, season with salt, pepper, and a little nutmeg, and just before serving whip in 6 tablespoons of cream, and finally add 1 or 2 teaspoons of lemon juice.

POULETTE SAUCE

Ingredients : 1 pint of Allemande sauce (see p. 115), 2 or 3 medium-sized mushrooms, a little butter, 1 tablespoon of lemon juice.

Method : Wash and peel the mushroom, quarter them, and cook in a little butter, having seasoned them with salt and pepper, and a dash of lemon juice. Cook till tender without browning, and add to the hot Allemande sauce. Pour in the tablespoon of lemon juice, stir well, and pour over whatever dish it is intended for. Poulette sauce should never be served separately and ingredients are usually actually cooked in the sauce.

SOUBISE SAUCE (Onion Sauce)

Peel 1 lb. of onions and chop them very finely. Blanch in boiling salted water for 10 minutes, drain thoroughly, and simmer in a little butter till very tender, but without browning. Then add 1 pint of Béchamel sauce (see p. 116), season with salt, pepper and a pinch of sugar, and simmer very gently for about $\frac{1}{2}$ hour. Rub through a sieve, replace the sauce in a saucepan, put on a slow fire, and when hot stir in 2 ozs. of butter, divided in small pieces, and 4 tablespoons of cream. The sauce should be creamy and very white.

TOMATO SAUCE

Ingredients : 1 small onion, 1 lb. of tomatoes, a sprig of thyme, parsley, $\frac{1}{2}$ a small bayleaf, 1 tablespoon of salad oil, or $\frac{1}{2}$ tablespoon of butter, salt and pepper.

Method : Slice the onion, and cook it till soft, but without browning, in the hot oil or butter. Add the tomatoes, either sliced or quartered, the herbs and salt and pepper. Stir well with a wooden spoon, crushing the tomatoes, so as to extract the juice. Simmer very gently for an hour, or till the tomatoes are reduced to a pulp. Rub through a hair-sieve, warm up, and the sauce is then ready for use.

Compound Butters

ANCHOVY BUTTER

Ingredients : 2 ozs. of butter, 1 oz. of anchovies (in brine), or 1 $\frac{1}{2}$ teaspoons of essence of anchovy. A pinch of pepper.

Method : Wash the anchovies thoroughly in cold water, drain and dry them in a cloth. Remove the bones very carefully, and pound the anchovies into a smooth paste in a mortar. Add the butter and pound and mix with the anchovies. Rub through a sieve into a basin and stir with a wooden spoon. Sardine butter can be made in the same way.

MAÎTRE D'HÔTEL BUTTER

Ingredients : Butter, chopped parsley, salt, pepper, lemon juice.

Method : Proceed as in previous recipe for compound butter and pound in a mortar. Allow about 1 small teaspoon of finely chopped parsley to every 2 ozs. of butter.

PAPRIKA BUTTER

Ingredients : 2 ozs. of butter to 1 teaspoonful of Paprika. (Paprika pepper is a very mild Hungarian red pepper.) Work to a smooth paste, as in other recipes.

Sundries

FRYING BATTER FOR VEGETABLES

Ingredients : 3½ ozs. lb. of flour, 1 tablespoon of olive oil, the yolk of 1 egg, the whites of 2 eggs, just under 1 gill of boiled milk, a good pinch of salt.

Method : Put the flour in an earthenware casserole (a round one) or in a salad bowl, and with the tips of the fingers, or with a wooden spoon, make a hollow in the centre. Mix the yolk of egg with the oil, the salt and a little of the warm milk, and put in the hollow. Then very gradually, with a concentric movement, and using a wooden spoon, mix in the flour, adding the rest of the warm milk little by little. The batter must not be beaten or lifted with the spoon. It can be turned in any direction, and always with a concentric movement, but neither too hard nor too fast. The batter should be perfectly smooth, free from lumps, and of the consistency of thin cream. Cover the bowl and let stand in a warm place for 1 hour, and add the whites of egg, beaten to a stiff froth, just before using.

BREAD CASES

Cut out 3-inch rounds of bread about 1 inch thick. With a cake-cutter of suitable size, stamp out rounds in the centre of these but not quite cutting through the bread. Fry the bread in butter. They are then ready to be used as cases, the centre round being pulled out, forming a cavity for the filling.

